1999

Northern Iowa Track and Field '99

University of Northern Iowa

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1999

Northern Iowa Schedule

**Indoor**
- Dec. 11: Iowa State Holiday Classic, Ames
- Jan. 17: Badger Invitational, Madison, Wis.
- Jan. 23: Iowa State Open, Ames
- Jan. 29: Mercantile Bank Invitational, Cedar Falls
- Feb. 6: Iowa State Classic, Ames
- Feb. 12: UNI-Dome Open, Cedar Falls
- Feb. 19-20: Missouri Valley Conference Championships, Cedar Falls
- Feb. 26: NCAA Qualifier, Ames
- Mar. 5-6: NCAA Championships, Indianapolis, Ind.

**Outdoor**
- Apr. 3: All-Sport/SEmotion Relays, Cape Girardeau, Mo.
- Apr. 10: Jim Duncan Invitational, Des Moines
- Apr. 17: LSU Invitational, Baton Rouge, La.
- Apr. 23-24: Drake Relays, Des Moines
- May 1: Northern Iowa Open, Cedar Falls
- May 8: Hawkeye Open, Iowa City
- May 12-15: Missouri Valley Conference Championships, Carbondale, Ill.
- May 21: NCAA Qualifier, Cedar Falls
- June 2-5: NCAA Championships, Boise, Idaho

NORTHERN IOWA TRACK & FIELD
The University
Location: Cedar Falls, Iowa 50614
Founded: 1876
Enrollment: 13,200
Conference: Missouri Valley
Nickname: Panthers
Colors: Purple & Old Gold
Athletics Website: www.uni.edu/athletic
President: Dr. Robert Koob
Athletic Director: Chris Ritrievi
Associate Athletic Directors: Dr. Sandra Williamson,
                        Julie Bright, Kevin Buisman
Faculty Representative: Dr. Jack Wilkinson

Track & Field
Head Coach: Chris Bucknam (Norwich '78)
Assistant Head Coach: Bill Lawson (Northern Iowa '80)
Assistant Coach: Shantel Twiggs (Northern Iowa '94)
Assistant Coach: Joey Woody (Northern Iowa '97)
Volunteer Assistant Coach: Bob Edwards (Northern Iowa '92)
Volunteer Assistant Coach: Kyle Kepler (Northern Iowa '98)
Strength Coach: Jim Kramer
Head Trainer: Terry Noonan
Indoor Facility (Capacity): UNI-Dome (16,400)
Outdoor Facility: UNI Complex (Opened 1998)
Academic Advisor: Vicki Melnick
Track & Field Phone: (319) 273-6481
Track & Field FAX: (319) 273-7215

Athletic Media Relations
Athletic Media Relations Director: Nancy Justis
Associate Athletic Media Relations Director (Track): Kevin Kane
Assistant Athletic Media Relations Director: Robert Anderson
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Media Relations Phone: (319) 273-3642
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Kane e-mail: kevin.kane@uni.edu

Credits
The 1999 Northern Iowa Track & Field Media Guide was written, edited and designed by Kevin Kane, UNI Associate Media Relations Director, with assistant from Mark Beltz, student assistant. Photography by UNI Office of Public Relations, except inside back cover Joey Woody photo by Doug Wells.

On the Covers:
Front: All-American pole vaulter Jacob Pauli (I) and Missouri Valley conference hurdles champion Brenna Fleishman.
Back: Two-time Missouri Valley shot put champion Andrea Miller (I) and Academic All-American and two-time conference 400 champion Jon Judisch.

Jill Bakewell
# Men's Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Yr.</th>
<th>Hometown/High School (College)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeff Adam</td>
<td>Sprints</td>
<td>So</td>
<td>Batavia, Iowa/Cardinal of Eldon</td>
</tr>
<tr>
<td>Eddie Berlin</td>
<td>High Jump</td>
<td>Fr.</td>
<td>Indianola, Iowa/Indiana State University</td>
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<tr>
<td>Luke Bernardy</td>
<td>Sprints</td>
<td>Fr.</td>
<td>Spencer, Iowa/Spencer</td>
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<tr>
<td>Burke Bockman</td>
<td>Hurdles</td>
<td>Fr.</td>
<td>Decorah, Iowa/Decora</td>
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<td>Brock Boettcher</td>
<td>Middle Distance</td>
<td>Fr.</td>
<td>Cedar Rapids, Iowa/Prairie</td>
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<tr>
<td>Jason Boness</td>
<td>High Jump/ Triple Jump</td>
<td>Fr.</td>
<td>Casper, Wyo./Kelly Walsh</td>
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<td>Rob Brock</td>
<td>Distance</td>
<td>So</td>
<td>Dubuque, Iowa/Senior</td>
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<td>Brent Browner</td>
<td>Distance</td>
<td>So</td>
<td>Davenport, Iowa/North</td>
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<td>Sam Burkett</td>
<td>Distance</td>
<td>Jr.</td>
<td>Urbandale, Iowa/Urbandale</td>
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<td>Wyatt Conrad</td>
<td>Hurdles</td>
<td>Jr.</td>
<td>Sumner, Iowa/Sumner</td>
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<tr>
<td>Balasz Csillag</td>
<td>Distance</td>
<td>Jr.</td>
<td>Szegyszard, Hungary/Bela Ginn</td>
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<td>Devon Davis</td>
<td>Sprints/Jumps</td>
<td>Jr.</td>
<td>Pickering, Ontario/Pickering</td>
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<td>Marshall Frazier</td>
<td>Decathlon</td>
<td>So</td>
<td>Davenport, Iowa/Bettendorf</td>
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<td>Travis Geopfert</td>
<td>Hurdles</td>
<td>So</td>
<td>Linden, Iowa/Panorama</td>
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<tr>
<td>Nate Glenn</td>
<td>Sprints</td>
<td>Sr.</td>
<td>Runnels, Iowa/Southeast Polk</td>
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<td>Shawn Huyser</td>
<td>Sprints</td>
<td>Jr.</td>
<td>Sully, Iowa/Lynville-Sully</td>
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<td>Dave Jennings</td>
<td>Throws</td>
<td>So.</td>
<td>Nevada, Iowa/Nevada</td>
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<td>Rob Johnson</td>
<td>Hurdles</td>
<td>Fr.</td>
<td>Des Moines, Iowa/Des Moines</td>
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<td>Jon Judisch</td>
<td>Sprints</td>
<td>Fr.</td>
<td>Tripoli, Iowa/Tripoli</td>
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<td>Tim Kirchhoff</td>
<td>Javelin</td>
<td>Jr.</td>
<td>Lyndonville, Vt./Lyndon Institute</td>
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<td>Nate Ludwig</td>
<td>Hurdles</td>
<td>Sr.</td>
<td>Forest City, Iowa/Forest City (Waldorf)</td>
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<td>Brent MacLagan</td>
<td>Middle Distance</td>
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<td>Jefferson, Iowa/Scranton</td>
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<td>Luke Mcclimon</td>
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<td>Charlotte, Iowa/Northeast Goose Lake</td>
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<td>Ben Mischke</td>
<td>Pole Vault</td>
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<td>Worland, Wyo./Worland</td>
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<td>Cedric Mullen</td>
<td>Sprints</td>
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<td>Mt. Pleasant, Iowa/Mt. Pleasant</td>
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<td>Bill Nordyke</td>
<td>Throws</td>
<td>Sr.</td>
<td>Winfield, Iowa/Winfield-Mt. Union</td>
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<td>Brian Ottman</td>
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<td>Nevada, Iowa/Nevada</td>
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<td>Tim O'Neill</td>
<td>Throws</td>
<td>Jr./So.</td>
<td>Davenport, Iowa/Assumption</td>
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<td>Jacob Pauli</td>
<td>Pole Vault/Hurdles</td>
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<td>Eric Potter</td>
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<td>Jr.</td>
<td>Sioux City, Iowa/Heelan</td>
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<td>Jason Potter</td>
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<td>So</td>
<td>Sioux City, Iowa/Heelan</td>
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<td>Marc Reifenrath</td>
<td>Hurdles</td>
<td>Fr.</td>
<td>Audubon, Iowa/Audubon</td>
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<td>David Repass</td>
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<td>Fr.</td>
<td>Dubuque, Iowa/Senior</td>
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<td>Ben Schlicher</td>
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<td>Mason City, Iowa/Newman</td>
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<td>Michael Schneider</td>
<td>Middle Distance</td>
<td>Fr.</td>
<td>Monticello, Iowa/Monticello</td>
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<tr>
<td>Luke Stater</td>
<td>Sprints/Middle Distance</td>
<td>Jr.</td>
<td>Cedar Falls, Iowa/Northern University</td>
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<td>Joel Sullivan</td>
<td>Middle Distance</td>
<td>Fr.</td>
<td>Woodbine, Iowa/Woodbine</td>
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<td>Levente Timar</td>
<td>Distance</td>
<td>So.</td>
<td>Szegeseteletvarv, Hungary/Teleki Blanka</td>
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<tr>
<td>Brad Travis</td>
<td>Throws</td>
<td>Fr.</td>
<td>Spirit Lake, Iowa/Spirit Lake</td>
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<td>Grant Wesson</td>
<td>Throws</td>
<td>Fr.</td>
<td>Newton, Iowa/Newton</td>
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<tr>
<td>Jason Young</td>
<td>Hurdles</td>
<td>Fr.</td>
<td>Atlanta, Ga./South Cobb</td>
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1999 Panthers: front row (l-r) - Bill Nordyke, Balasz Csillag, Sam Burkett, Jon Judisch, Nate Ludwig, Eric Potter, Ben Mischke; second row (l-r) - Joel Sullivan, Brock Boettcher, Shawn Huyser, Jason Potter, Ben Schlicher, Luke Stater, Brent MacLagan, Wyatt Conrad; third row (l-r) - Dave Jennings, Brad Travis, Travis Geopfert, Jason Boness, Luke Mcclimon, Tim O'Neill, Eddie Berlin, Burke Bockman; fourth row (l-r) - Grant Wesson, Levente Timar, Brian Ottman, Nate Glenn, Jeff Adam, Marshall Frazier; back row (l-r) - Luke Bernardy, Jacob Pauli, Marc Reifenrath, Rob Brock, Marcus Reeves, Brent Browner.
## WOMEN'S ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Yr.</th>
<th>Hometown/High School (College)</th>
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<tbody>
<tr>
<td>Jill Bakewell</td>
<td>Sprints</td>
<td>So./Fr.</td>
<td>Ossian, Iowa/South Winneshiek</td>
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<tr>
<td>Tracy Burress</td>
<td>Sprints</td>
<td>Jr.</td>
<td>Bloomfield, Iowa/Davis County</td>
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<tr>
<td>Deborah Cordner</td>
<td>Sprints</td>
<td>Fr.</td>
<td>St. Louis Park, Minn./St. Louis Park</td>
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<tr>
<td>Stephanie Corey</td>
<td>Throws</td>
<td>Fr.</td>
<td>Cedar Falls, Iowa/Cedar Falls</td>
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<tr>
<td>Angie Dannenfeldt</td>
<td>Distance</td>
<td>Fr.</td>
<td>Bettendorf, Iowa/Pleasant Valley</td>
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<tr>
<td>Rachel Dozark</td>
<td>Distance</td>
<td>Jr.</td>
<td>Vail, Iowa/Ar-We-Va</td>
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<tr>
<td>Jennifer Duffy</td>
<td>Throws</td>
<td>Fr.</td>
<td>New Hampton, Iowa/New Hampton</td>
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<tr>
<td>Amy Engle</td>
<td>High Jump</td>
<td>Sr.</td>
<td>Newton, Iowa/Newton</td>
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<td>Brenna Fleishman</td>
<td>Hurdles</td>
<td>Sr.</td>
<td>Carlisle, Iowa/Carlisle</td>
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<td>Susan Francois</td>
<td>Throws</td>
<td>Fr.</td>
<td>Dundee, Iowa/West Delaware</td>
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<td>Jill George</td>
<td>Multi-Events</td>
<td>So./Fr.</td>
<td>Newton, Iowa/Newton</td>
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<td>Teresa Grothus</td>
<td>Middle Distance</td>
<td>So.</td>
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<td>Kara Hulse</td>
<td>Long Jump</td>
<td>Fr.</td>
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<td>Evette Iverson</td>
<td>Distance</td>
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<td>Jenny Jackson</td>
<td>Middle Distance</td>
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<td>Katie Johnson</td>
<td>High Jump</td>
<td>Fr.</td>
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<td>Amanda Koester</td>
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<td>Andrea Miller</td>
<td>Throws</td>
<td>Sr.</td>
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<td>Nikki Nelson</td>
<td>Sprints/Long Jump</td>
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<td>Amy Oleson</td>
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<td>Burlington, Iowa/Burlington</td>
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<td>Tiffany Ratzlaff</td>
<td>Hurdles</td>
<td>Jr.</td>
<td>Ankeny, Iowa/Ankeny</td>
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<td>Kendra Stannard</td>
<td>Multi-Events</td>
<td>Sr.</td>
<td>Cedar Rapids, Iowa/Washington</td>
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<td>Kari Thilges</td>
<td>Distance</td>
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<td>West Bend, Iowa/West Bend-Mallard</td>
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<td>Dee Wear</td>
<td>Hurdles</td>
<td>Fr./So.</td>
<td>New London, Iowa/Mt. Pleasant</td>
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<td>Kari Whitman</td>
<td>Distance</td>
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<tr>
<td>Melissa Yerk</td>
<td>Throws</td>
<td>Sr.</td>
<td>Belvidere, Ill./Belvidere</td>
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</tbody>
</table>

Head Coach: Chris Bucknam
Assistant Head Coach: Bill Lawson
Assistant Coaches: Shantel Twiggs, Joey Woody
Volunteer Assistants: Bob Edwards, Kyle Kepler

1999 Panthers: front row (l-r) - Brenna Fleishman, Tracy Burress, Amy Oleson, Amanda Koester, Katie Johnson, Jill Bakewell; second row (l-r) - Rachel Dozark, Tiffany Ratzlaff, Dee Wear, Amy Engle, Deb Cordner, Sue Holtkamp, Kara Hulse, Evette Iverson; third row (l-r) - Angie Dannenfeldt, Kendra Stannard, Jill George, Kari Thilges, Nikki Nelson, Jenny Jackson; back row (l-r) - Stephanie Corey, Andrea Miller, Teresa Grothus, Susan Francois, Jennifer Duffy, Melissa Yerk, Kari Whitman.

NORTHERN IOWA TRACK & FIELD
'99 MEN'S OUTLOOK

If the Northern Iowa men's track and field team is to repeat it's success of a year ago when it won the Missouri Valley Conference outdoor title and finished second indoors, it will have to rely on a true team effort.

Although the Panthers will have one of their youngest teams ever, they'll also have one of their most balanced and will be looking for rapid development from a stable of talented youngsters.

"We're really very young...we'll only have one senior on the track, both indoor and outdoor," said Panther coach Chris Bucknam. "So a lot is going to depend on the development of our younger people. We also have to stay healthy."

"I also think we're represented in every event across the board as well as we've ever been. We're not as deep as we'd like to be in every event, but I think we're capable of scoring at the conference meet in each event."

Sprints

Senior Jon Judisch is the headliner, although he has just an outdoor season remaining. A two-time indoor champ in the 400, Judisch is among the all-time best at UNI on the track and is an Academic All-American off it.

"He's been hampered by injuries in the past, but he's ready to go for one last time outdoors," Bucknam noted. "He'd love to have an outdoor championship to go along with those indoor titles and he'll be on a mission."

Junior Marshall Frazier and sophomore Jeff Adam figure to be conference title contenders in the short sprints, but they are backed up by little depth. Adam is the school recordholder in the 100 while Frazier ranks second on the school's 200 list indoors.

Freshman Devon Davis leads the rest of the young sprint corps. He's a Canadian champion in the 100 along with the long and triple jumps.

The Panthers have more depth and balance in the 400 with the likes of Jason Potter, Luke Stater, Travis Geopfert and Burke Bockman. Potter is a past all-conference performer and Stater is capable of winning a conference title, according to Bucknam. Geopfert is the defending league champ in the decathlon.

"We're not as deep as we'd like to be in the 55, 100 and 200," said the Panther coach, "but Judisch, Adam, Frazier, Stater...they're all contenders for a conference championship."

Middle Distance

Much of UNI's hopes in the 800 will ride on the junior duo of Brent MacLagan and Eric Potter. Both are past all-conference runners, with Potter having won the Valley outdoor title two years ago. MacLagan ranks fourth on UNI's all-time indoor list.

"They're the horses we're going to ride in the 800," Bucknam said. "We've got some very talented youngsters there in Joel Sullivan, Ben Schlicher and Brian Olmtn, too."

Sophomore Balasz Csillag ranks as one of the Panthers' most valuable runners because of his range. He is the team's top man in the mile and 1,500, but will also be a top 5,000 and 10,000 performer.

"Balasz has unbelievable range," said Bucknam. "We'll use him from the mile on up. He's a great competitor who just wants to run and do what's best for the team."

Distance

A traditional UNI strength, the distances will likely be anchored by Csillag and fellow Hungarian Levente Timar with sophomore Rob Brock redshirting due to an injury. All three are sophomores who have made a big impact early in their careers and will be the foundation around which the distance events are built in the upcoming seasons.

"Not having Rob (Brock) in there this year hurts us, no question," said Bucknam. "We're pretty young here, too, but Levi's a horse and we're looking for Sam Burkett to step up in his senior year."

Hurdles

Although lacking a standout, the Panthers have more depth in the hurdles than at any time in recent memory. Nate Ludwig is the only upperclassman in this unproven group which also includes sophomores Nate Glenn and Jake Paull, and freshmen Burke Bockman, Wyatt Conrad, Rob Johnson, Marc Reifenrath and Jason Young.

"We're going to be very good in the hurdles over the next several years," Bucknam said. "In fact, I think we'll show a tremendous amount of improvement from the beginning of the year to the end. There are some talented young men there who just need time to develop."

Jumps

The Panthers have a legitimate conference championship contender at each event, but not much depth. Freshman Devon Davis is a multiple Canadian national champion in the long and triple jumps and already holds the school record in the long jump (25-2 ½) and is just inches off the all-time conference record. In the triple jump, he already ranks third on the UNI all-time list and is the best UNI has had since school recordholder Junior Chukukere in the early '90s.

Junior Eddie Berlin and freshman Jason Boness pack a potentially strong 1-2 punch in the high jump. Berlin, who's also an all-conference receiver on the football, is coming off the Valley outdoor title last spring and Boness has broken the seven-foot barrier just a month into his college career. He could also compete in the triple jump.

Pole Vault

Sophomore Jake Pauli is simply one of the best in the nation, having automatically qualified for the '99 NCAA Indoor Championships with a school-record 18-2 ½ vault. He provisionally qualified as a freshman a year ago and placed third at the conference outdoor meet.

Throws

The Panthers have plenty of depth and potential in the throws with senior Bill Nordyke, and sophomores Tim O'Neill and Dave Jennings leading the way. O'Neill, a defensive tackle on the football team, picked up all-conference honors last outdoor season by finishing third in the shot put.

The coaching staff has high hopes for redshirt freshman Brad Travis, a two-time state discus champion, and freshman Grant Wesson.

Decathlon

Freshman Travis Geopfert lived up to his advance billing by winning the decathlon as a freshman. A high school all-American, Bucknam says Geopfert has the size, strength and potential to be "big-time."
'99 WOMEN'S OUTLOOK

The climb to prominence continues for the Northern Iowa women's program. After adding the women's duties to the men's head coaching job last season, the coaching staff has the Panthers on the right track. "We're really happy with some of the young women we've been able to bring into the program," said Bucknam. "They are really the foundation for the future. But we've got a handful of seniors we're counting on right now."

The Panthers placed a strong fourth a year ago at the Missouri Valley indoor meet, but placed eighth outdoors.

"We're definitely headed in the right direction," Bucknam added. "Last year, we said we wanted to be conference contenders in a year and I think we've put ourselves in that position."

Sprints
The sprints may be the youngest, but also the most talented events for the Panthers. Sophomore Jill Bakewell set the school indoor record in the 400 last year as a freshman, but an injury forced her to miss the outdoor season. She's joined by freshman Nikki Nelson, one of the most decorated athletes in Iowa high school history, who already has established herself as one of the top runners in the Valley.

Another outstanding freshman, Deb Cordner, a multiple Minnesota state champ, has been equally as impressive in the early going while competing anywhere from the 60-meter dash to the 400. Junior Tracy Burress and freshman Amy Oleson also will be counted on to contribute. Burress was a member of the Panthers' top 4 x 400-meter relay team last season.

Middle Distance
One of those aforementioned seniors being counted on is half-mile/miler Jenny Jackson. She redshirted last season, but has earned all-conference honors indoors, outdoors and in cross country.

"J.J.'s a great athlete with outstanding range," Bucknam said. "She's without a doubt one of the top runners in the conference, a championship-caliber athlete."

Jackson is the cornerstone of the middle distance corps, but she will be joined by sophomore Teresa Grothus and junior Rachel Dozark. With Jackson sitting out, Grothus emerged as the team's top middle distance performer last season, grabbing all-conference honors in the 800 by placing third at the Valley indoor meet.

Distance
The anchor of the distance corps is junior Kari Thilges, the team's most consistent 3,000 and 5,000-meter performer last season.

"Kari's the one to build around in the distances," Bucknam said. "She keeps getting better and we're hopeful she can make an impact at the conference level."

Senior Kari Whitman and sophomore Evette Iverson also will be counted on in the distances.

Hurdles
Senior Brenna Fleishman won the 55 hurdles last indoor season, but has just an outdoor season of eligibility remaining. There is little argument that she is the top hurdler in Panther history. She is the school recordholder in the 55 and 100 hurdles and ranks second on UNI's 400 hurdles list.

Add Tiffany Ratzlaff, Jill George, Dee Wear, Kendra Stannard and Amy Oleson and the Panthers have perhaps as solid a group as any team in the conference. Ratzlaff has been a consistent scorer at the conference meet and placed third last indoor season. Wear ranks among the school's top five all-time both indoor and outdoor and George is a multi-event performer who also specializes in the long jump.

Stannard is a multi-event senior who has an outdoor season left and Oleson a true freshman.

Jumps
One of the strengths of the squad, the jumps are loaded with a stable of talented youngsters. The experience in the group belongs to Stannard, with an outdoor season left, who has gone over 19 feet in the long jump and 38 feet in the triple jump.

Among the youngsters, Jill George is closing in on the 18-foot mark in the long jump while freshman Amanda Koester already has tied the school record in the high jump. Koester also adds depth in the long and triple jump.

Senior Amy Engle has topped out at 5-6 and freshman Katie Johnson will help out in the high jump. Freshmen Nikki Nelson and Kara Hulse also figure to be major contributors in the long jump after winning state titles in high school.

Throws
UNI's hopes in the throws will rest on the shoulders of seniors Andrea Miller and Melissa Yerk. Miller swept the conference indoor and outdoor titles in the shot put while Yerk was a national qualifier in the 20-pound weight and set the school record in the hammer.

"Those two are the real deal," Bucknam said. "Andrea stepped up and done it at the conference level and we expect her to be at the same level again. Melissa really came on last year and we think she's national-caliber type of thrower."

The Panthers figure to have a little less depth outdoors with just the two proven throwers to cover the shot, hammer, discus and javelin. They'll be looking for help from freshmen Stephanie Corey, Jennifer Duffy and Susan Francois.

Heptathlon
Senior Kendra Stannard is the school recordholder and a past scorer at the conference level and Jill George will be competing in her first outdoor season.
Winning in the classroom and achieving an academic degree is the primary goal for the student-athlete at the University of Northern Iowa. It is the University's chief objective to allow each individual to have the maximum opportunity to participate in a positive educational experience and ultimately earn a college degree.

As a medium-sized public university with a faculty committed to quality undergraduate education, Northern Iowa is proud of its student-athletes' performance in the classroom. In information taken from the 1998 NCAA Division I Graduation Rates Report, UNI athletes graduated at a rate higher than the general student body and at a higher rate than any of their Missouri Valley Conference counterparts. In fact, 35 to 40 percent of UNI student-athletes perennially post grade-point averages of 3.0 or better.

The key to Northern Iowa's academic program is the individual—the student-athlete gets out of the system what he or she puts into it. UNI has geared its academic program to make its student-athletes better individuals. It is important that the student-athletes develop a sense of pride in themselves as students, as athletes, as citizens, and as representatives of the University of Northern Iowa.

Athletes can take advantage of the Athletics Academic Advisor, who has responsibilities specifically to Panther student-athletes. The Advisor will assist athletes in scheduling, choice of major, tutorial services and other services to assure satisfactory progress toward a degree.

The Athletics Academic Advisor's Office also has established the Panther Athletic Academic Center, or PAAC for short. PAAC is a service which provides student-athletes with study services during daytime and evening hours that better accommodate their active schedules.

**Northern Iowa's Missouri Valley Conference Scholar-Athlete Performers**

1993 Gregg Garn, Jason McCleary, Chad Flynn, Cole Honeck, Jeff Joiner, Jason Meyer, Bob Smith, Dyan Fluhrer, Keri Hamilton, Heidi Heiar, Paula Nemmers, Marchelle Short, Kelly VanDePol

1994 Gregg Garn, Jeff Joiner, Tim Suchan, Matt Casillas, Chad Flynn, Jason Meyer, Mike Moats, Kory Swart, Guy Willey, Jacque Askeland, Kelly VanDePol, Jennifer Bradford, Keri Hamilton, Heidi Heiar, Laura Little

1995 Alex Garn, Chad Flynn, Kory Swart, Tim Suchan, Matt Casillas, Laura Little, Theresa Lux

1996 Chad Flynn, Alex Garn, Jon Judisch, Kyle Kepler, Mike Maddox, Jason Meyer, Tim Suchan, Kory Swart, Joey Woody, Jenny Jackson, Laura Little, Theresa Lux, Cindra Schelling


**Judisch Receives National Academic Honor**

Jon Judisch, a senior sprinter from Tripoli, Iowa, was honored for his excellence in the classroom in 1998 by being named to the GTE Academic All-America Team for the second time in his career. Judisch was voted to the team by the College Sports Information Directors of America after previously receiving the same honor in 1996.

Judisch has maintained a 3.86 grade-point average while majoring in Biology. On the track, he has been a two-time conference champion in the 400 meters indoors and a member of UNI's championship 4 x 400 relay team outdoors.
Sports Medicine

The Northern Iowa sports medicine program features top-rate facilities and the outstanding services of sports and health care professionals.

The sports medicine program focuses on injury prevention. Staff members utilize Merac strength-testing devices, provide dietary analysis, measure physiological capacity and outline program’s to improve an athlete’s flexibility.

Athletic trainers and physicians work together to design rehabilitation programs for injured athletes. A wide variety of facilities and equipment, not only in the Sports Medicine Lab but in the new Wellness and Recreation Center, including swimming pools, Merac equipment, Stairmasters and various exercise bicycles, help athletes rehabilitate injuries and minimize the loss of fitness during recuperative time.

Conditioning

The Northern Iowa strength and conditioning program is a blend of science, technology and one-on-one attention to each student-athlete.

Throughout the year, UNI athletes can spend more time working on strength and conditioning than any other aspect of their sport. During the off-season, athletes work on strength improvement, speed, power, agility and conditioning. The in-season program is devoted to continuation of strength gains and performance-related conditioning.

During an athlete’s first year on campus, baseline measures of strength, speed, power, flexibility and endurance are collected. Measures of body composition and weight also are recorded. With this information, goals are set for development and maintenance. Programs are established for each athlete by strength and conditioning coach Jim Kramer.
Since its beginning in 1907, the Missouri Valley Conference has been progressive in its thinking and aggressive in capitalizing on its opportunities.

Now in its 92nd year of existence, the Valley has become a leader among today’s collegiate athletic conferences.

Based in St. Louis since 1985, the conference has been aggressive in the approach to playing host to NCAA basketball championship events, producing a revenue-generating in-house television network, bidding out the right to play host to several sport championships and landing title sponsorships for those events.

Athletic accomplishments on the men's side include four national basketball championships, 17 trips to the NCAA Men's Basketball Final Four and a 1989 national baseball championship. During the 1982-93 academic year, though, women's athletics were added under the MVC umbrella, and the relationship has been mutually beneficial for both.

Valley teams boast a proud, rich tradition in track and field and cross country, and have produced numerous all-Americans over the years. In terms of individual performances, a number of MVC student-athletes annually represent the league at the NCAA Championships.

National champions and all-Americans aren't anything new for Missouri Valley student-athletes. In the decade of the '90’s, 85 MVC athletes have earned all-America honors with 13 of those winning a national championship. Included in the national champions are Northern Iowa's Joey Woody, who captured the 400-meter hurdles title at the 1997 NCAA Outdoor Championships in Bloomington, Ind.

Additionally, Valley athletes have gone on to compete in the Olympic Games or World Championships on 55 occasions. Woody also is included among that group, having competed at the World Championships.

Since joining the MVC in 1991, Northern Iowa's men's program has been one of the most consistent forces in the league. In fact, in the first 21 meets since UNI's membership began, the Panthers have the best composite record in the conference.

Seeds for the creation of the Missouri Valley Conference were planted by eight administrators representing five institutions who gathered at the Midland Hotel in Kansas City, Mo., on January 12, 1907. Basketball became the first competitive sport and served as the initial step in establishing the MVC as one of the most respected leagues in the nation.

In addition to track and field and cross country, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's golf, men's soccer, softball, Men's and women's swimming, men's and women's tennis and women's volleyball.

Members of the Missouri Valley Conference include: Bradley University, Creighton University, Drake University, the University of Evansville, Illinois State University, Indiana State University, the University of Northern Iowa, Southern Illinois University, Southwest Missouri State University and Wichita State University.

### Composite Standings Since 1991-92
(average finish in MVC meets)

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Head Coach
Chris Bucknam

In the 16 years since he first took over the Northern Iowa men's track and field program, Chris Bucknam certainly has made his mark.

Under his guidance, the Panther program has emerged as one of the finest all-around programs not only in the Midwest, but in the nation.

During Bucknam's tenure, UNI has won 15 conference titles -- six in indoor track, six in cross country and three outdoor crowns. A year ago, Northern Iowa captured the Missouri Valley Conference cross country and outdoor track titles while finishing second at the indoor championships.

Now in his second year directing both the men and women's programs, Bucknam and his staff are charting the same course for the Northern Iowa's programs.

"Taking over the women's program has been quite a challenge for us just in terms of the number of athletes involved," he says. "What we try to teach is not what's here and now, but what's down the road. We have a vision where we want this program to go, both on the women's and men's side, and we want our athletes to have that same vision now or three years down the road. We want them to expect the best."

Since his arrival at UNI in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 21 conference titles in track and field and cross country, and produced 19 all-Americans.

Bucknam oversaw Northern Iowa's 1991 move to the Missouri Valley, where the Panthers have left an indelible mark on the league.

Although the Valley historically has been one of the best conferences in the nation, boasting numerous all-Americans and national champions, UNI stepped in and became one of the top competitors in the league instantly.

In fact, in the seven years since joining the conference, the Panthers have the best average finish in the league on the men's side, having claimed six titles, six runnerup finishes, four thirds and two fourths.

Bucknam's teams have never finished lower than fourth at a conference track meet, and in the past decade have sent 32 qualifiers to the NCAA Indoor and Outdoor Championships, with 10 earning all-America honors.

Bucknam picked up his sixth Missouri Valley Coach of the Year honor after UNI captured the league outdoor title last May. He has been voted the Valley's top coach by his peers twice in outdoor track, twice indoors and twice in cross country.

Prior to UNI joining the Valley, he was named the top coach in the Mid-Continent Conference seven times. After the Panthers won the MVC outdoor championship in 1995, Bucknam was named District V Coach of the Year and was a finalist for National Coach of the Year.

Bucknam and his staff took the UNI men's program to an even higher level in 1997 when the Panthers placed 17th at the NCAA Outdoor Championships.

"That top 20 finish was huge for our program," he says. "It sends the message to the University and the Missouri Valley Conference that we are a national caliber program. We've been rated highly in some relays, we've had all-Americans, and we've had national qualifiers in nearly every event.

"We're not a one-dimensional team and this is not your ordinary program. This is a national caliber program and we try to conduct it that way."

Bucknam coached his first NCAA champion in 1997 when current assistant coach Joey Woody won the 400-meter hurdles at the national outdoor meet.

A native of Beverly, Mass., Bucknam attended Norwich University in Northfield, Vt., where he was a four-time letterwinner in track, specializing in the middle distances. He was elected co-captain his senior year and graduated in 1978 with bachelor's degree in physical education. He earned his master's in physical education from Northern Iowa in 1982.

Bucknam and his wife, Cindy, reside in Cedar Falls with their son, Eric, and daughter, Kate.
Assistant Head Coach

Bill Lawson

Recognized as one of the greatest athletes in Northern Iowa history, Bill Lawson has been with head coach Chris Bucknam nearly every step of the way as the Panther assistant head coach and field event coach the past 14 seasons.

A 1980 UNI graduate, Lawson returned to his alma mater after serving three years as boys' and girls' track and field and cross country coach, and girls' basketball coach at John Marshall High School in Rochester, Minn.

The Carthage, Ill., native was a four-time all-American at UNI from 1977-80 and ranks second on the school's all-time decathlon list. He was a two-time co-captain for the Panthers and was a senior when Bucknam was named assistant coach in 1979. He qualified for national competition in the decathlon, pole vault and triple jump four times.

Lawson won the National Master's Decathlon Championship in 1987 and 1992, and has been runnerup four times. He also captured the first Master's Pentathlon title two years ago.

His duties with the Panthers include coordinating the fall track program and conditioning, and coaching the field events and decathlon during the indoor and outdoor seasons. He is recognized as an excellent field event coach and motivator.

"The thing about Bill is that he has a never-say-die attitude," Bucknam says. "When you are coaching with Bill, you always feel like you are in the meet and not every coach has that type of attitude."

Along with Bucknam, he has coached UNI athletes to 132 individual conference championships. The Panther head man is quick to point out that Lawson has played a part just as important to the Panthers' success as his.

"I don't consider Bill my assistant," says Bucknam. "He is our field events coach. I sincerely believe he is one of the finest coaches in the country."

Among the field athletes who have excelled under Lawson's direction are current men's pole vaulter Jake Pauli, an 18-foot vaulter who has broken school records and qualified for the NCAA Championships in just his second year.

He's also coached former conference athletes of the year Juri Rovan, Tim Suchan, Allan Walz and Jason McCleary. In all, he's coached 22 NCAA Division I qualifiers since arriving on the scene in 1985.

"He has a rare combination of not only having a tremendous knowledge of the field events, but the ability to motivate at the same time," Bucknam added. "There are a lot of coaches who have one or the other, but don't have both. Bill has the rare combination of being able to do both as well as anyone I've seen. Our athletes in the field events are always prepared to compete and do their best."

Lawson and his wife, Jodie, have a daughter, Abbie, and son, T.J.

Assistant Coach

Shantel Twiggs

Shantel Twiggs joined the Northern Iowa staff a year ago as the program's second full-time assistant coach.

As a competitor at Northern Iowa, Twiggs was the most accomplished sprinter in school history, still owning the school record in four individual sprint events.

Twiggs earned all-conference honors six times in her career as a Panther, which stretched from 1990-94. She holds the school record in the 55-meter dash, 100-meter dash and both the indoor and outdoor 200 meters. She's also a member of the school recordholding teams in the indoor and outdoor 4 x 200 relay and the mile relay squad.

In addition to her records and all-conference honors, she also was UNI's first Division I national qualifier on the women's side. She qualified for the 55-meter dash in 1991 and later went on to become the first Panther all-American when she placed in the 55 in 1993 and again in 1994. Twiggs also captured the 100-meter dash championship at the prestigious Drake Relays in 1993 and '94.

"Shantel has been an outstanding addition to our staff," said head coach Chris Bucknam. "She has all the tools. She has a strong knowledge base, great enthusiasm, and she has been a competitor not only on the national, but international level."

Twiggs' primary responsibilities on the staff are coaching the short sprinters while also being involved heavily in recruiting. In her first season coaching the sprinters, the Panthers set two school records and earned six all-conference honors.

Prior to joining the UNI staff a year ago, Twiggs was the assistant boys' and girls' track and field coach at Berkeley High School in her native St. Louis, Mo.

Assistant Coach

Joey Woody

Perhaps the best track athlete the University of Northern Iowa has ever produced, Joey Woody is in his second season as a Panther assistant after graduating from UNI in 1997.

During his career with the Panthers, Woody earned all-America honors in the 400-meter hurdles three times and, in 1997, won UNI's first Division I track and field national championship.

He also earned all-America honors in 1996 in the indoor 800 meters and was named Missouri Valley Conference Track Athlete of the Year on three occasions, including his final collegiate season at the 1997 Outdoor Championships. Woody won the 400-meter hurdles at the Drake Relays two consecutive years and was named the top male athlete at the event in 1994.

A native of Iowa City, Woody brings plenty of valuable experience to the Panther program. In addition to his collegiate experience, he
finished seventh at the 1996 Olympic Trials and is a member of the U.S. team that competed at the 1997 and '98 World Championships. He enjoyed a productive 1998, winning a gold medal at the World Championships as a member of the 4 x 400-meter relay and taking fifth in the 400 hurdles. He won the bronze medal at the U.S. Championships, placed fourth at the Goodwill Games and won the Drake Relays title. He also has competed frequently in Europe over the past two years as a member of the Reebok Track Club and will again be competing overseas in 1999. He plans to continue his training in his quest for an Olympic berth in 2000.

Woody's main focus as a coach is with the hurdlers, long sprinters and middle distance runners. That UNI contingent set three school records last season and brought home 18 all-conference awards.

"Joey is going to be an outstanding coach," Bucknam said. "He is a knowledgeable, elite athlete who has gained experience all over the world and can bring that information back to our program."

Woody and his wife, Heather, who competed as a sprinter at UNI, live in Cedar Falls.

Assistant Coach
Bob Edwards

Bob Edwards is in his sixth season as a volunteer assistant in charge of pole vaulters. Edwards enjoyed an outstanding career at UNI as a vaulter, winning the Missouri Valley Conference outdoor title as a senior. He also won an indoor and outdoor championship in the Mid-Continent Conference in 1990. His vault of 17-4 1/2 in 1992 places him second on UNI's all-time outdoor list, and he ranks fourth on the indoor chart at 17-1 1/2.

"Bob's done a fabulous job with our vault crew over the years," said head coach Chris Bucknam. "He was the best pole vaulter at UNI before Juri (Rovan) got here and he is another one of our coaches who brings a lot of knowledge and experience to the program."

Edwards and assistant head coach Bill Lawson have played a major role in the development of recent Panther standouts Juri Rovan and Jake Pauli. Rovan was a two-time all-American and is the school outdoor record holder while Pauli is the indoor record holder and the only UNI vaulter to eclipse the 18-foot mark indoors (18-2 1/2).

Assistant Coach
Kyle Kepler

Former Panther distance runner Kyle Kepler is in his first season as a student assistant coach after completing a stellar career last spring.

A native of Webster City, Iowa, Kepler joined the UNI program in 1993 after earning all-state cross country honors in high school. It didn't take long to make an impression as he placed 10th at the Missouri Valley Conference cross country meet and earned all-conference honors. Kepler went on to become a four-time all-conference cross country runner, finishing as high as third place his senior year. He became a member of the all-district team by finishing 15th at the NCAA District V meet in 1997.

On the track, Kepler was an all-conference performer six times in three different events -- in the 5000 meters, 10,000 meters and as a member of the distance medley relay team. Last spring, in his final collegiate competition, he claimed a runnerup finish at the Missouri Valley Conference Outdoor Championships in the 10,000 meters.

In the classroom, Kepler was a three-time selection to the conference all-academic team and three additional times to the cross country squad.

"Kyle was one of those guys who was the heart and soul of our distance corps, truly a team guy," said Panther coach Chris Bucknam. "He brings those same qualities to coaching. Whatever it takes, he'll do it. He's a great addition to our staff."

As a coach, he assists with the distance runners and is responsible for various administrative duties, including the track program's alumni newsletter.

Jeff Adam
Sophomore • Sprints
Batavia, Iowa (Cardinal Eldon HS)

1996: Outdoor - An all-conference performer outdoors who tied for third in the Valley 100-meter dash (10.41) and placed fourth in the 200 meters with a team season-best 21.12...his 100- and 200-meter times at the Valley meet were the fourth-fastest in the conference during the season...also ran on the 4 x 100 relay squad that finished second at the Valley meet...placed fifth in the 200 at Florida State Relays (22.04)...also ran on the 4 x 100 relay team that set a school record (40.55) at Florida State...finished second at the Jim Duncan Invitational in the 100 (10.59). Indoor - Just missed all-conference honors indoors, taking fourth in the MVC 55-meter dash (6.40)...captured the 55-meter title at the Hawkeye Open in 6.40...posted a season-best 6.39 time at the Iowa State Open, finishing tied for ninth. 1997: Redshirted. High School: Won the state 100-meter title as a junior and senior...captured the 200-meter championship as a senior...also lettered four times in football and three in basketball. Personal: Majoring in General Studies...son of Nick and Cyndy Adam...Personal BESTs: 55m--6.39; 100m--10.41; 200m--22.19 (indoors); 21.12 (outdoors).

Brock Boettcher
Junior • Hurdles/Sprints
Cedar Rapids, Iowa (Prairie HS)

1998: Outdoor - Scored for the Panthers at the Missouri Valley Conference meet, placing fifth in the 400-meter hurdles (54.18)...finished third at the Jim Duncan Invitational (54.59) and UNI Open (54.37) in the 400 hurdles, fifth at the Iowa Open (54.77). Indoor - Turned in a season-best 50.29 in the 400 at the UNI-Dome Open to finish sixth. 1997: Outdoor - Redshirted. Indoor - Ran a season-best 51.74 in the 400 at the Iowa State Holiday Classic. High School: A first team all-stater in track and honorable mention pick in football. Personal: Majoring in Elementary/Middle School Education...son of Paul and Jan Boettcher...transferred to UNI from Eastern Oregon University. Personal BESTs: 400m--50.29 (indoors); 400m hurdles--54.18.

Eddie Berlin
Junior • High Jump
Urbandale, Iowa (Urbandale HS)

1998: Outdoor - Won the Missouri Valley Conference high jump title, clearing a season conference high of 6-10. Indoor - Earned all-conference honors by tying for second at the MVC Championships at 6-7 1/2...jumped his season-best 6-8 while winning the Mercantile Bank/Big Four Invitational. 1997: Outdoor - Redshirted. Indoor - Tied for second at the Valley meet with a leap of 6-9 3/4...finished second (6-9) at the Iowa Invitational. High School: Won the state Class 4-A high jump as a junior and finished second in the long jump as a senior, also ran on the state 4 x 100 team...an all-state defensive back in football and an all-conference basketball and baseball player. Personal: Majoring in Business...son of Bruce and Carla Berlin...also a two-time all-conference receiver on the Panther football team who ranked third in the league last season in receptions and receiving yards. Personal BESTs: High Jump--6-9 3/4 (indoors); 6-10 (outdoor).

Jason Boness
Freshman • High Jump
Casper, Wy. (Kelly Walsh HS)

High School: Was twice named Gatorade Track and Field Athlete of the Year in Wyoming...a five-time all-stater and state champion in the high jump...holds the state Class 4-A record with a 6-10 jump as a junior...also lettered twice in football and basketball. Personal: Undecided major...son of Greg and Selina Boness...Personal BESTs: High Jump--7-3 (indoors).

Rob Brock
Sophomore • Middle Distance
Dubuque, Iowa (Senior HS)

1998: Cross Country - Earned his second all-conference honor in as many seasons by placing eighth at the Missouri Valley Conference Championships...was the low Panther finisher in five of the team's eight competitions...earned a spot on the Valley all-scholar team in his first year of eligibility with a 3.37 GPA...named MVC Athlete of the Week Sept. 21 after finishing third at the Iowa Open and Oct. 10 after winning the Indiana State Invitational. Outdoor - In his first collegiate outdoor competition, won the 800 and finished second in the 1,500 at the Florida State Relays with times of 1:53.90 and 3:52.01, respectively...a member of the 4 x 800 relay team that placed eighth at the Drake Relays...finished second at the UNI Open by running a 3:58.98 in the mile. Indoor - Placed sixth at the conference meet in the mile (4:16.14) and earned all-conference honors on the runnerup distance medley relay team (9:56.38)...recorded the team's top 1,000-meter performance (2:28.98) in winning the Mercantile Bank/Big Four Invitational...won the 800 meters at the UNI-Dome Open in 1:54.66...placed second in the mile (4:12.33) at the Husker Invitational. 1997: Cross Country - Burst on the scene as one of the top freshmen in the Missouri Valley, taking fifth at the conference meet to earn his first all-conference award...took 32nd at the regional meet...placed 13th at the U.S. Junior Championships. High School: Highly-recruited prep who won the state two-mile title four times...captured the state 800-meter title his senior year and won the mile his junior season...the Drake Relays champion in the two-mile run as a junior and senior...anchored the Rams' Drake Relays championship teams in the medley as a junior and 4 x 800 as a senior...also won the state cross country title his sophomore and junior seasons. Personal: Majoring in Criminology...son of James and Janice Brock...brother, Jay, was a three-time conference steeplechase champ for the Panthers. Personal BESTs: 8K--24:40; 800m--1:54.56 (indoors); 1:53.90 (outdoor); 1:50.03-1:52.01; Mile--4:12.33; 3,000m--8:36.14; 5,000m--14:47.35 (outdoor).

Brent Browner
Sophomore • Sprints
Davenport, Iowa (North HS)

1998: Outdoor - Picked up all-conference honors as a freshman by running the lead-off leg on the Panthers' runnerup 4 x 100 team...also a member of the 4 x 100 relay squad that set the school record (40.55) at the Florida State Relays. Indoor - Recorded his best 200-meter time (22.61) of the season at the UNI-Dome Open and his top 55 time (6.49) at the Hawkeye Open, finishing third. 1997: Redshirted. High School: Eared all-stater in track and soccer...an all-state track performer. Personal: Majoring in Computer Science...son of John and Shirley Browner...started nine games and made 36 tackles as a defensive back on the Panther football team this past season. Personal BESTs: 55m--6.49; 100m--11.01; 200m--22.61 (indoors).
Ranked in the winning Jim Duncan Invitational. **Indoor** - Placed sixth at the Iowa Open with his best 3,000-meter time of the season (8:44.14). **1997: Cross Country** - Member of UNI's conference championship team...to top finishes included 45th at Illinois Invitational and 56th at Region V meet. **Outdoor** - Finished eighth at the MVC Championships in the 10,000...placed ninth in the 5,000 at the Sun Devil Relays **Indoor** - Took third in the mile at the Iowa Invitational and the 3,000 at the Iowa State Holiday Classic...scored for UNI, finishing fifth in the Missouri Valley meet in the 3.000. **1996: Cross Country** - Enjoyed his best season, placing 18th at the Missouri Valley Conference meet...finished fourth at Minnesota and seventh at the Iowa Invitational. **Indoor** - Redshirted. **Outdoor** - Best finish was third in the mile run at the UNI-Dome Open, running a 4:21.76...also took third in the 3,000 at the Iowa State Holiday Classic and fifth at the Mercantile Bank 3,000...ran sixth in the 3,000 and 5,000 at the conference championship meet. **1995: Cross Country** - Member of UNI's second-place conference team, finishing third for the team and 14th overall...ran a personal-best 25:11 at the Bradley Invitational to finish 13th...placed 11th at the Illinois State Invitational. **High School:** Anchored the winning medley relay team at the state meet his senior season...finished fourth at the state cross country meet as a senior after second his junior year. **Personal:** Majoring in Biology...son of Paul and Mary Burkett. **Personal Bests:** 8K--25:11; 1,500m--3:59.31; 3,000m--8:31.65; 5,000m--14:41.30 (outdoor).

**Wyatt Conrad**

**Freshman • Hurdles**

Sumner, Iowa (Sumner HS)

High School: Took fourth and seventh in the 100-meter high hurdles his final two years at the Class 1-A state meet...also lettered in football and basketball. **Personal:** Majoring in Management Information Systems...son of Dean Deb Conrad...

High School: A four-time Canadian national champion in the triple jump and two-time national long jump champ...won the Ontario triple jump title four times and long jump championship once...finished second at the provincial meet in the 100-meter dash as a sophomore, third as a senior. **Personal:** Undecided major...son of Patrick and Monica Davis. **Personal Bests:** long jump--25-2 1/2 (indoor); triple jump--49-5 Indoor.

**Marshall Frazier**

**Sophomore • Sprints**

Bettendorf, Iowa (Bettendorf HS)

1998: *Outdoor* - Earned all-conference honors by running on UNI's runnerup 4 x 100 relay team...ranked in the top 10 in the Missouri Valley Conference in the 100 and 200 with season-best times of 10.53 and 21.55, respectively...a member of the school recordholding 4 x 100 squad...placed fourth in the 100 at Florida State (10.87)...ran a career-best 10.53 to finish eighth at the Sun Devil Relays...captured second in the 200 at the UNI Open (21.55). **Indoor** - Ran a 21.90 in the 200 at the conference meet to finish second...his 21.86 at the Cyclone Invitational was the third-fastest time in the Valley; also the third-fastest time in school history...tied for seventh-fastest time in the league at 6.36 in the 55-meter dash at the UNI-Dome Open. **1997:** Redshirted. **High School:** An all-state and all-conference track performer. **Personal:** Majoring in Political Science...son of Susie McLaughlin. **Personal Bests:** 55m--6.36; 100m--10.53; 200m--21.86 (indoor), 21.55 (outdoor).

**Travis Geopfert**

**Sophomore • Decathlon**

Panora, Iowa (Panorama HS)

1998: *Outdoor* - Burst on the scene by winning the Missouri Valley Conference decathlon title as a freshman with 7,031 points, which was the top point total in the conference during the season and fourth-best in UNI history...placed sixth at the Drake Relays decathlon (8,724). **Indoor** - Season-best performances--8.04 in the 55 hurdles at the Mercantile Bank Invitational; 22.67 in the 200 at the Iowa State Open; 50.19 in the 400 at the Cyclone Invitational; 21-4 in the long jump at Mercantile Bank Invitational; 42-8 in the shot put at the Iowa State Holiday Classic. **High School:** A first team all-state track performer four times...lettered four times in track, football and basketball...a first-team all-state linbacker and running back in football...also earned honorable mention to the all-state basketball team. **Personal:** Majoring in Communications...son of Gary and Theresa Geopfert. **Personal Bests:** Decathlon--7,031 pts.; 55m HH--8.04; 100m--11.03; 110m HH--15.99; 200m--22.67 (indoor); 400m--50.19 (indoor); 50.00 (outdoor); high jump--6-6 (indoor); long jump--21-4 (indoor), 19-11 3/4 (outdoor); shot put--42-8 (indoor), 42-6 1/4 (outdoor); discus--134-3; javelin--161-3.
Dave Jennings
Sophomore • Throws
Nevada, Iowa (Nevada HS)

1998: Redshirted. High School: A four-sport athlete who earned 14 letters in track, football, basketball and baseball...ran the 400 in 48.54 as a senior...named first team all-state in football and honorable mention in baseball. Personal: Majoring in Biology...son of Lawain and Marcia Judisch...Personal Bests: 400m-47.91 (indoor), 47.70 (outdoor).

Nate Ludwig
Senior • Hurdles
Bettendorf, Iowa (Bettendorf HS)

1998: Outdoor - Tied for second in the 110 hurdles at the Valley meet with a season-best 14.60...placed third in the 110 hurdles at the UNI Open (14.89) and sixth at the Iowa Open (15.38)....Indoor - Claimed fourth in the MVC meet in the 55-meter hurdles (7.56)...finished fourth in the 55 hurdles at the Mercantile Bank Invitational (7.65), sixth at the UNI-Dome Open (7.79). High School: A two-time state champ in the 110-meter hurdles, also placed sixth in the high jump...also an all-state performer in baseball, basketball and football. Personal: Majoring in Criminal Justice...son of Gary and Barb Ludwig...relative of Olympic figure skating legend Sonja Henie...transferred from Waldorf College...also a member of the UNI football team, having played quarterback, h-back and defensive back. Personal Bests: 55m hurdles--7.56; 110m hurdles--14.80.

Jon Judisch
Senior • Sprints
Tripoli, Iowa (Tripoli HS)

1998: Outdoor - Redshirted. Indoor - Voted Third Team Academic All-American by the College Sports Information Directors of America for the second time in his career...finished third at the Valley Championships in the 400 (48.96)...also ran the anchor leg on UNI's runnerup 4 x 400 relay team...his 47.91 clocking at the Iowa State Open was the team's best of the season in the 400 and the second-fastest in school history...placed second at the Mercantile Bank Invitational (49.07). 1997: Outdoor - Ran a personal-best 47.70 to place fifth at the MVC Championships...also a member of the Panthers' second-place 4 x 400 squad...placed 11th at the strong Arizona Invitational...voted to the all-district academic team. Indoor - Took sixth at the conference meet in 49.54...finished second at the Iowa State Classic...took third in the 600 at the Iowa Invitational...recorded the team's fastest 400-meter time of the season, 48.83. 1996: Outdoor - Ran second in the 400 at the Missouri Valley meet (47.92)...also won all-conference honors by running on the third-place 4 x 100 relay unit (42.31)...won the 400-meter title at the Dr. Keeler Invitational over the summer...voted Third Team Academic All-American. Indoor - Won his second consecutive Missouri Valley title in the 400 with a 48.19 performance...also a member of the championship 4 x 400 relay team...ran the lead-off leg on the school record-breaking 4 x 100 team (3:11.55)...won the 400 championship at the Iowa State Holiday Classic. 1995: Outdoor - Earned a spot in the school record book as a member of the 4 x 400 relay squad (3:09.48). Indoor - Captured the Valley 400-meter championship (49.41) as a freshman...ran on the conference championship 4 x 400 relay. High School: A four-sport athlete who earned 14 letters in track, football, basketball and baseball...ran the 400 in 48.54 as a senior...named first team all-state in football and honorable mention in baseball. Personal: Majoring in Biology...son of Lawain and Marcia Judisch...Personal Bests: 400m-47.91 (indoor), 47.70 (outdoor).

Brent MacLagan
Junior • Middle Distance/Hurdles
Jefferson, Iowa (Jefferson-Scranton HS)

1998: Outdoor - Claimed runnerup honors in the 400-meter hurdles at the Missouri Valley Conference meet (52.46)...also a member of the Panthers' fourth-place 4 x 400 relay team (3:13.41)...won the 400 hurdles at the Florida State Relays (52.83) and Jim Duncan Invitational (53.27)...took second in the UNI Open (52.75), and fifth at the Sun Devil Relays (54.22) and Wisconsin Invitational (52.78). Indoor - Ran the second leg on the 4 x 400 relay team that finished second at the conference championships (3:15.66)...his 1:49.66 in the 800 meters at the Iowa State Last Chance Meet was the second-best in the Valley during the season...won 600 meters at the Iowa State Holiday Classic (1:19.21), Mercantile Bank Invitational (1:19.21) and Iowa Invitational (1:21.6)...placed third in the 800 at the Iowa State Open (1:51.21)...ran a season-best 49.33 in the 400 meters at the Cyclone Invitational...finished fourth in the 400 at the UNI-Dome Open (49.87). 1997: Outdoor - A member of the conference championship 4 x 400 relay squad (3:09.61), a time that ranks second on the school's all-time list...won the 400 hurdles at the Iowa Invitational (55.35)...his 1:53.23 in the 800 at the Sun Devil Relays was seventh-best in the Valley. Indoor - Placed third in the 800 at the MVC Championships (1:53.40) and was a member of the runnerup 4 x 400 relay squad (3:16.17)...ran a team-best 1:19.52 in the 600 in finishing second at the Mercantile Bank Invitational...took second in the 600 at the Wisconsin Invitational (1:19.64)...placed second in the 800 at the Iowa State Holiday Classic (1:53.99)...recorded a season-best in the 400 (50.23) at the UNI-Dome Open. 1996: Outdoor - Redshirted. Indoor - Finished second in the 600 meters in his first collegiate meet at the Iowa State Holiday Classic (1:19.71)...placed fifth in the 600 at the Mercantile Bank Invitational (1:21.89). High School: Won three state titles in the 400-meter hurdles and one in the 1,600 meters...a first team all-state selection twice in football. Personal: Majoring in Biology...son of Doug and Sue Rieder...Personal Bests: 400m-49.33 (indoor); 400m hurdles--52.48; 600m--1:19.21; 800m--1:49.66 (indoor); 1:53.23 (outdoor).

Ben Mischke
Senior • Pole Vault
Worland, Wyo. (Worland HS)

1998: Outdoor - Registered a fifth-place finish in the pole vault at the Missouri Valley meet with a 15-5 3/4 performance...turned in a season-best 16-3 1/4 to lead the UNI Open to tie for second...placed fourth at the Florida State Relays (15-7) and Sun Devil Relays (15-7 3/4). Indoor - Vaulted a season-best 16-2 3/4 at the Cyclone Invitational to finish fifth...won the Mercantile Bank Invitational (16-0 1/4)...placed third at the UNI-Dome Open (16-1 3/4). 1997: Outdoor - Finished eighth in the decathlon at the conference championships...tied for fifth at the Kansas Relays (16-1). Indoor - Finished fifth at the MVC meet (15-11 3/4)...took second at the Wisconsin Invitational (16-0 3/4) and Iowa State Holiday Classic (16-0)...vaulted a personal-best 16-4 3/4 at the Mercantile Bank Invitational to place fourth. 1996: Outdoor - Placed seventh at the MVC Championships (15-3 1/2)...placed fourth at the Wisconsin Invitational (15-10). Indoor - Best finish came at the Iowa State Holiday Classic, where he finished third (15-0) in his first collegiate meet...vaulted 16-1 1/4 at the conference meet, where he finished seventh...was sixth at the UNI-Dome Open (15-3). High School: A two-sport student athlete in the pole vault and lettered 10 times, four in track and field...also a member of the all-conference basketball team. Personal: Majoring in Health Promotion...son of Steve and Linda Mischke...Personal Bests: pole vault--16-4 3/4 (indoor), 16-3 1/4 (outdoor).
Bill Nordyke
Junior • Throws
Winfield, Iowa (Winfield-Mt. Union HS)

1998: Outdoor - Just missed earning his first all-conference award, placing fourth in the discus (160-0) at the Valley meet...finished fourth at the Jim Duncan Invitational in the discus (146-6). Indoor - The Panthers' top thrower in the 35# weight, he ranked eighth in the league in the final best list with a toss of 51-2 1/2 at the Iowa Invitational, where he finished second...took third at the Mercantile Bank Invitational (50-10 1/4). 1997: Outdoor - Finished seventh in the discus at the MVC Championships with a season-best throw of 150-8. Indoor - Recorded his best 35# weight throw of the season, 49-11 3/4, at the Drake Relays. High School: Won the state title in the discus as a senior, finished second at the Drake Relays...also lettered in football. Personal: Majoring in Biology...son of Bill and Georgette Nordyke. Personal Bests: 35# weight-51-2 1/2; discus-160-0.

Jacob Pauli
Sophomore • Pole Vault
Hanna City, Ill. (Farmington HS)

1998: Outdoor - Earned all-conference honors for the first time by placing third in the pole vault at the MVC Championships with a 15-9 3/4 effort...top performance of the season was 17-3 at the Drake Relays, tying for eighth...won the Sea Ray Relays (15-11 1/4)...finished third at the Florida State Relays (16-0 3/4), second at the Iowa Invitational (16-1 3/4) and third at the UNI Open (16-3 1/4). Indoor - Placed fifth at the Valley meet, vaulting 16-7 1/2..... provisionally qualified for the NCAA's with a 17-2 3/4 at the Iowa State Classic to finish third...captured the UNI-Dome Open title (16-7 3/4)...vaulted 17-1 1/2 at the Husker Invitational to finish fifth...named Missouri Valley Field Athlete of the Week following the Husker Invitational...took second at the Iowa Open (15-5 3/4). High School: Won the state championship twice and was ranked seventh in the nation as a senior. Personal: Majoring in Computer Science...son of Gregg and Cathy Pauli. Personal Bests: pole vault-18-2 1/2 (indoor), 17-3 (outdoor).

Tim O'Neill
Junior • Throws
Davenport, Iowa (Assumption HS)

1998: Outdoor - Earned all-conference honors by placing second at the Valley meet in the shot put with a 52-6 1/2 toss...finished fifth at the Iowa Open (52-1). Indoor - Just missed all-Valley honors, claiming fourth honors in the league meet with a 50-10 3/4 performance...turned in a season-best 51-7 3/4 at the Iowa State Classic...finished sixth at the Mercantile Bank Invitational (48-9 1/2) and ninth at the Iowa State Open (50-3 1/4). 1997: Outdoor - Redshirted. Indoor - Recorded a ninth-place finish in the shot put at the conference meet as a freshman (48-6 1/4)...had a season-best 49-4 at the UNI-Dome Open. High School: Earned a total of nine letters in track, football and wrestling. Personal: Majoring in Health Promotion...son of James and Terrie O'Neill. ...a defensive tackle on the Panther football team. Personal Bests: shot put-51-7 3/4 (indoor), 52-6 1/2.

Eric Potter
Junior • Middle Distance
Sioux City, Iowa (Heelan HS)

1998: Cross Country - One of the top five runners on UNI's team that placed sixth at the Valley meet. Outdoor - Finished third in the 800 at the Missouri Valley Conference Championships with a 1:53.30, to earn his fourth all-conference honor in four seasons (indoor/outdoor) as a collegiate...turned in a team season-best 1:51.07 while finishing second at the UNI Open...ran second at the Jim Duncan Invitational (1:53.53), fourth at Florida State (1:52.25) and second at the Sun Devil Relays (1:52.54). Indoor - Finished as runnerup in the 800 at the conference meet (1:51.99)...placed second in the 600 at the UNI-Dome Open (1:20.35) and third at the Mercantile Bank Invitational (1:20.76)...took seventh at the Husker Invitational in the 800 (1:53.91). 1997: Cross Country - A member of the Panthers' conference championship cross country team, placing 38th in the league meet. Outdoor - Ran a team-best and personal-best 1:49.70 to win the 800 meters at the MVC meet...finished fourth at the Sun Devil Relays (1:51.69), fifth in the 800 at the Kansas Relays (1:54.19) and Wisconsin Invitational (1:52.58), and 10th at the Arizona Invitational (1:54.04). Indoor - Earned all-conference honors in his first collegiate season by running on the second-place distance medley relay team...placed seventh at the Valley meet (1:54.89)...took second at the Wisconsin Invitational (1:56.81)...placed second in the mile at the Iowa State Holiday Classic, his first collegiate meet (4:29.86). High School: Earning all-conference honors in track his junior and senior years...also lettered in basketball. Personal: Majoring in Accounting/Economics...son of Eugene and Joanne Potter. Personal Bests: 400m--49.41 (indoor), 48.36 (outdoor).

Jason Potter
Junior • Sprints
Sioux City, Iowa (Heelan HS)

1998: Outdoor - Turned in his best performance in the 400 at the UNI Open, running 48.36 to finish second...missed scoring in the Missouri Valley meet by one place, finishing seventh in the 400 at 50.20...took fifth at the Florida State Relays (48.83) and 14th at the Sun Devil Relays (49.59). Indoor - Earned all-conference honors by running the third leg on UNI's 4 x 400 relay team that finished second in the Valley meet; also placed sixth in the 400...won the UNI-Dome Open 400 (49.41)...placed fourth at the Mercantile Bank Invitational (49.49) in the 400. 1997: Outdoor - Finished 10th in the 400 at the conference meet as a freshman (49.72)...finished sixth at the Wisconsin Invitational (49.52). Indoor - Placed seventh in the 400 at the Iowa State Holiday Classic (50.12) in his first collegiate meet...finished third at the Iowa Invitational (51.85) and seventh at the Mercantile Bank Invitational (50.64). High School: Lettered three times in track and twice in football. Personal: Majoring in Elementary Education...son of Eugene and Joanne Potter...twin brother, Eric, also on the Panther squad. Personal Bests: 400m--49.41 (indoor), 48.36 (outdoor).
Luke Stater
Sophomore • Sprints
Cedar Falls, Iowa (Northern University HS)

1998: Outdoor - Ran season-best 49.00 in the 400 at the Florida State Relays, finishing sixth...top 400-meter hurdles time (55.11) also came at FSU, where he was runner-up...placed fourth in the 400 hurdles at the Jim Duncan Invitational (56.10), sixth at the Iowa Open (55.21) and ninth at the Sun Devil Relays (56.22)...also a member of the 4 x 400 relay team. Indoor - Best time of the season was a 49.14 in the 400 at the Iowa State Open, where he finished 18th...placed second at the UNI-Dome Open (49.70), third at the Iowa Open (50.04) and fifth at the Mercantile Bank Invitational (49.90). 1997: Redshirted. High School: Placed third at the state meet in the 400 as a senior. Personal: Majoring in Construction Management...son of John and Sue Stater... Personal Bests: 400m=49.14 (indoor), 49.00 (outdoor); 400m hurdles=55.11.

Joel Sullivan
Freshman • Middle Distance
Woodbine, Iowa (Woodbine HS)

High School: Took runner-up honors at the state meet in the Class 1-A 800-meter run as a senior...also lettered in basketball and cross country. Personal: Majoring in Biology...son of John and Debbie Sullivan... Personal Bests: 800m=1:55.91 (indoor).

Levente Timar
Sophomore • Distance
Szekesfehervar, Hungary (Teleki Blanka HS)

1998: Cross Country - A member of the Missouri Valley all-conference and scholar-athlete teams...finished fifth at the conference meet and first among UNI runners (24.40)...took second at the Indiana State Invitational (25.21). Outdoor - Placed third at the conference meet in the 5,000 (14:58.64) to earn all-conference honors...finished fourth in the 10,000 at the Valley meet (32:02.00)...won the steeplechase at the Jim Duncan Invitational (9:15.81)...ran third at the Florida State Relays in the 10,000 (30:58.95)...recorded a season-best 14:44.43 to finish 14th in the 5,000 at the Sun Devil Relays...placed third in the 1,500 at the UNI Open (3:59.42)...finished 10th at the Drake Relays in the 5,000 (14:47.36). 1997: Cross Country - Finished 14th at his first Missouri Valley Conference championship (25.00) as UNI won the team title. High School: Named outstanding student and outstanding athlete of the Hungarian Republic in 1996. Personal: Majoring in Economics...son of Bela Timar and Irma Molnar... Personal Bests: mile=4:17.49; 1,500m=3:59.42; 3,000m=8:30.14; 3,000m steeplechase=9:15.81; 5,000m=14:33.82 (indoor), 14:44.43 (outdoor); 10,000m=30:58.95; 8K=24:40.

Brad Travis
Freshman • Throws
Spirit Lake, Iowa (Spirit Lake HS)

1998: Redshirted. High School: A two-time state champion in the discus...also lettered in wrestling and football...qualified for the state meet twice in wrestling...selected to play in the Shrine Bowl football all-star game. Personal: Majoring in Art Education...son of Bob and Collette Travis... Personal Bests: 35# weight=52-4 3/4; shot put=49-2 1/2 (indoor); discus=159-4.

Jill Bakewell
Sophomore • Sprints
Ossian, Iowa (South Winneshiek HS)

1998: Outdoor - Redshirted. Indoor - Earned all-conference honors in her first season by placing third in the 400 at the Valley meet (56.82)...set a school record in the 400 at the Iowa State Classic with a 55.94 on a 300-meter track, converted to 56.24, finished third...took fifth in the 400 at the Iowa State Open (56.82)...won the 400 at the Mercantile Bank Invitational (56.68)...finished second in the 600 at the Iowa Open (1:37.90)...ran second in the 200 at the UNI-Dome Open (25.44)...took eighth in the 400 at the Iowa State Last Chance Meet (56.66)...a member of the Panthers' top 4 x 400 relay team that placed second at the conference championship (3:49.42). High School: The 400-meter runner-up at the state meet her last three years...also a member of the state championship sprint medley team as a junior and senior, and the 4 x 800 champs as a freshman...placed eighth in the 200 as a junior...also lettered in volleyball. Personal: Undecided major...daughter of Jim and Joyce Bakewell... Personal Bests: 200m=25.44 (indoor); 400m=56.24 (indoor), 55.84 (outdoor); 600m=1:37.90.

Tracy Burress
Sophomore • Sprints
Bloomfield, Iowa (Davis County HS)

1998: Outdoor - Notched her season-best time of 58.55 in the 400 at the Sun Devil Relays...her best 200-meter performance (25.89) came at the UNI Open, where she placed second...came in fifth in the 400 at the Florida State Relays (59.65)...finished ninth in the 200 at the Jim Duncan Invitational (26.92)...also competed on the 4 x 400, sprint medley and distance medley relay squads. Indoor - Earned all-conference honors as a member of the runner-up 4 x 400 relay team at the Missouri Valley Conference Championships...season-best 26.69 in the 200 came at the UNI-Dome Open, where she finished sixth...took fifth at the Iowa Open in the 200 (26.90). 1997: Redshirted. High School: Won the state 400-meter title as a senior after finishing third as a junior...ran on Davis County's two state 4 x 400 championship teams...also lettered in basketball and cross country. Personal: Majoring in Health Promotion...daughter of Robert and Paula Burress... Personal Bests: 200m=26.69 (indoor), 25.89 (outdoor); 400m=59.91 (indoor), 58.55 (outdoor).

Deborah Cordner
Freshman • Sprints
St. Louis Park, Minn. (St. Louis Park HS)

1998: Outdoor - A three-time state champ in the 200 meters who also won the 400-meter title as a senior...won the 100-meter dash championship as a sophomore, finished second as a junior and third as a senior...400-meter runner-up her junior season...also lettered in gymnastics. Personal: Majoring in Business Administration...daughter of Lloyd and Annette Cordner...born April 27, 1980. Personal Bests: 60m=7.75; 200m=25.69 (indoor).
Rachel Dozark
Junior • Middle Distance Vail, Iowa (Ar-We-Va HS)

1998: Cross Country - Finished seventh for the Panthers and 54th overall at the Missouri Valley Conference Championships.

Duncan Invitational (2:24.96) and Florida State Relays (2:20.35), and 22nd at the Sun Devil Relays (2:23.93).

Indoor - Posted a season-best 2:21.14 in the 800 at the UNI-Dome Open...placed fifth at the Mercantile Bank Invitational (2:24.57), 1997: Outdoor - Opened the season by taking 14th in the 1,500 meters at the Florida State Relays (4:50.67)...placed sixth at the Wisconsin Invitational in the 1,5000 (4:51.45)...a member of the Panthers' 4 x 800 and distance medley relay teams. Indoor - Recorded best conference finish ever, fifth in the mile at the MVC meet (5:12.19)...ran sixth in the 800 at the Mercantile Bank Invitational (2:23.21), second at the Iowa Invitational (2:24.37)...turned in a season-best 2:19.36 at the Iowa State Classic...took fifth in the mile at the Redbird Open (5:13.05)

High School: An all-state track performer who was a member of seven state championship relay teams...also lettered in volleyball and basketball...

Personal: Majoring in Communication Disorders...daughter of Dennis and Julie Dozark...

Personal Bests: 800m--2:19.36 (indoor), 2:20.12 (outdoor); mile--5:12.19; 1,500m--4:50.67.

Amy Engle
Senior • High Jump Newton, Iowa (Newton HS)

1998: Outdoor - Tied for for seventh in the high jump at the Missouri Valley Conference meet (5-3 3/4) ...recorded a season-best 5-6 to win the UNI Open...placed third in the Jim Duncan Invitational (5-3 3/4) and fourth at the Iowa Invitational (5-4 1/4).

Indoor - Tied for fifth at the Valley meet (5-5), her best performance of the season...placed third at the UNI-Dome Open (5-4 1/4).

1997: Outdoor - Jumped a season-best 5-3 3/4 at the Valley meet to finish eighth. Indoor - Finished eighth at the conference meet (5-3)...took third at the Redbird Open (5-2 3/4), third at the Iowa Invitational (5-0) and sixth at the Mercantile Bank Invitational (5-2).

1996: Outdoor - Jumped 5-2 1/2 to finish 10th at the conference meet...finished second at the Iowa Invitational (5-0 1/4) and fifth at the Nike Invitational (5-3 1/4).

Indoor - Jumped 5-5 to finish third in her first collegiate meet at the Iowa State Holiday Classic...won the Mercantile Bank Invitational (5-4 1/4)...took fourth at the UNI-Dome Open (5-3 1/4), third at the Iowa State Classic (5-3 3/4) and fourth at the Wisconsin Invitational (5-2 1/4).

High School: State runnerup in the high jump as a junior...outstanding all-around athlete who lettered in ten sports--track, volleyball, basketball and softball...earned all-conference honors in all four sports.

Personal: Majoring in Leisure Services...daughter of Karyl and Gail Engle...

Personal Bests: high jump--5-5 (indoor), 5-6 (outdoor).

Brenna Fleishman
Senior • Hurdles/Sprints Carlisle, Iowa (Carlisle HS)

1998: Outdoor - Redshirted. Indoor - Captured the 55-meter hurdle title at the Missouri Valley Conference Championships (8.19)...ran 8.19 clocking in the 55 hurdles at the UNI-Dome Open.

1997: Outdoor - Broke a year-old school record in the 100 hurdles, clocking a 14.57 at the MVC Championships, where she finished third...claimed third in the 100 hurdles at the Florida State Relays (15.03) and Iowa Invitational (14.82), and fifth at the Wisconsin Invitational (14.82)...a member of the conference all-academic team.

Indoor - Placed fourth at the conference meet (9.38)...set a then-school record in the 55 hurdles, recording 8.30 for third place at the Mercantile Bank Invitational...won the UNI-Dome Open in 8.36...took second at the Redbird Open (8.43), third at the Iowa Invitational (8.68).

1996: Outdoor - Placed seventh at the Valley meet (14.30) in the 100 hurdles...won the New Mexico (15.2), Iowa (16.07) and Simpson (15.26) Invitational...

1995: Indoor - Ran a season-best 8.50 in the 55-meter hurdles at the UNI-Dome Open, where she finished fifth...placed fourth at the Mercantile Bank Invitational (8.72) and Iowa State Holiday Classic (8.89), fifth at the Wisconsin Invitational (8.84).

1994: Outdoor - Placed fourth at the Jim Duncan Invitational (14.88), seventh at the Kansas Relays (15.42) and eighth at the SE Motion Relays (15.76).

Indoor - Finished fifth at the Mercantile Bank Invitational in the 55 hurdles (8.68) and the 200 (27.40)...placed third in her first collegiate competition with a 8.61 in the 55 hurdles at the Iowa State Holiday Classic...won the Panther Invitational (6.69)...ran fifth in the Iowa State Classic (6.84).

High School: The school recordholder at Carlisle High in seven events...a four-time state runnerup and 10-time conference champion...also lettered in volleyball and basketball, where her team advanced to the state tournament her junior year.

Personal: Majoring in Community Health...daughter of Wayne and Kathy Fleishman.

Personal Bests: 55m hurdles--8.00; 100m hurdles--14.67.

Jill George
Sophomore • Multi-Events Newton, Iowa (Newton HS)

1998: Outdoor - Redshirted. Indoor - Recorded a season-best in the long jump in her first collegiate event at the Iowa State Holiday Classic (16-11)...placed sixth in the long jump (16-7 1/4) at the Mercantile Bank Invitational.

High School: A state champion in the pentathlon...as a senior, placed fourth in the long jump, fifth in the 400-meter hurdles and seventh in the 100-meter hurdles at the state meet...finished 11th in the long jump at the Drake Relays...also placed 11th in the long jump at the state meet and Drake Relays as a junior.

Personal: Undecided major...daughter of Fred and Cheryl George.


Teresa Grothus
Sophomore • Middle Distance Bettendorf, Iowa (Pleasant Valley HS)

1998: Cross Country - A member of the Panthers' cross country team that finished fifth at the Missouri Valley meet...finished sixth on the team and 37th overall at the conference meet (19-12).

Outdoor - Redshirted. Indoor - Earned all-conference honors by finishing third at the Missouri Valley Championships in the 800 meters with a 2:16.40, tops on the team for the season...also ran the lead-off leg on the Panthers' distance medley relay team that placed fourth...placed fourth at the Mercantile Bank Invitational (2:23.44), sixth at the Iowa State Open (2:17.18) and 17th at the Iowa State Classic (2:17.65)...also registered a 2:17.18 at the Husker Invitational.

High School: Took second in the 800 at the Drake Relays her junior and senior seasons, eighth at the state meet as a senior.

Personal: Majoring in Math Education...daughter of Bill and Celie Grothus.

Personal Bests: 800m--2:16.40 (indoor), 2:15.68 (outdoor); 5K--19:12.

NORTHERN IOWA TRACK & FIELD
Kara Hulse  
Freshman • Long Jump  
Cedar Falls, Iowa (Cedar Falls HS)

High School: Won the state long jump championship as a senior with a 17-10 performance after finishing second as a junior (17-7 1/2) and 13th as a sophomore (16-2)…placed 10th at the Drake Relays her senior year, 14th as a sophomore and junior…named her school’s Female Athlete of the Year as a senior…also lettered in cross country and basketball. **Personal:** Undecided major…daughter Dave and Jill Hulse.  
**Personal Bests:** long jump—16-3 3/4 (indoor), 17-10 (outdoor).

Jenny Jackson  
Senior • Middle Distance  
Cedar Rapids, Iowa (Jefferson HS)

1998: Cross Country - The Panthers’ top runner, she earned all-conference honors by finishing sixth overall and first on the team (17:56)…also named to the Missouri Valley Conference all-scholar team…placed second at the Illinois Invitational (18:11), fifth at the Illinois State Invitational (18:55), eighth at the Indiana State Invitational (19:02), 11th at Iowa Invitational (19:10) and 15th at Iowa State Memorial (19:18). **Outdoor - Redshirted. Indoor - Redshirted. **1997: Cross Country - Redshirted. **Outdoor - A member of the all-conference team after finishing third in the 800 at the MVC meet (2:11.09)…ran a season-best 2:10.53 at the Drake Relays, where she placed fifth; also ran 12th at the Sea Ray Relays (2:12.32)…ran the last leg on the sprint medley relay team that set a school record at the Drake Relays (3:53.38)…finished fifth in the 1,500 at the Florida State Relays (4:36.93) and sixth at the Iowa Invitational (4:49.33)…also a member of the 4 x 400 relay team. **Indoor - Took third in the mile (4:52.47) and sixth in the 800 (2:21.15) at the Missouri Valley Conference Championships…set the school record with her 4:52.47 performance in the mile…her 2:10.39 in the 800 at the Iowa State Last Chance Meet was the best Valley performance of the season and second-best in school history… provisionally qualified for the NCAA Championships in the 800…set the school record in the 1,000 meters while winning the UNI-Dome Open (2:53.02)…ran the 1,500 in the 800 (2:16.63), placed fourth at the Mercantile Bank Invitational (2:19.75) and eighth at the Iowa State Classic (2:15.60)…won the mile at the Iowa Invitational (5:16.32) and finished 12th at the Iowa State Classic (5:29.36). **1996: Cross Country - Earned all-conference honors by finishing seventh at the Valley championship (18:08)…placed 12th at the Illinois Invitational (18:23) and 27th at the Iowa State Memorial (19:17). **Outdoor - An all-conference performer in the 800, where she finished third at the conference meet in 2:16.77…recorded a season-best 2:14.33 in the 800 at the Nike Invitational…posted a fifth-place finish at the Iowa Invitational (2:18.8) and sixth at the Jim Duncan Invitational (2:21.61). **Indoor - Placed sixth at the league meet in the 1,000 meters (3:12.42), ran a season-best 2:59.07 in the prelims…won the UNI-Dome Open 1,000 in 3:02.20…placed second at the Mercantile Bank Invitational (2:59.73). **1995: **Cross Country - A member of the Panther team that placed fifth at the conference meet. **Outdoor - Picked up all-conference mention as part of UNI’s third-place 4 x 800 relay squad…took sixth in the 800 at the Foster/Jamaican Invitational (2:26.0). **Indoor - Finished 12th at her first collegiate meet in the 800, running 2:30.88 at the Iowa State Holiday Classic…placed third in the 600 at the Panther Invitational (1:42.77) and fifth at the Redbird Open (1:44.11). **High School: A four-year letterwinner in cross country, track and softball…also lettered three times in basketball…earned second team all-state honors in basketball…named her school’s track and cross country athlete of the year. **Personal:** Majoring in Psychology…daughter of Roger and Rhonda Jackson.

Evette Iverson  
Sophomore • Distance  
Paullina, Iowa (South O’Brien HS)

1998: Cross Country - Placed fourth for the team and 33rd overall at the Missouri Valley Championships (19:05)...finished ninth at the Illinois State Invitational (19:23)…was among the team’s top four runners throughout the season. **Outdoor - Had her best performance of the season at the UNI Open, where she ran 10:48.48 to finish fifth in the 3,000 meters. **Indoor - Best time was 10:52.57 at the Iowa State Classic, where she finished 26th…also finished 25th at the Iowa State Open (11:18.53). **1997: Cross Country - Registered a 35th-place finish at the Valley meet, fourth on the team (19:15). **High School: Placed in the top 10 at the state cross country meet all four years, including third as a junior and second as a senior…finished second at the state meet in the 3,000 and fourth in the 1,500 her junior year…also lettered in softball. **Personal:** Undecided major…daughter of Keith Iverson.  
**Personal Bests:** 3,000m—10:52.57 (indoor), 10:48.48 (outdoor); 5K—19:05.

Katie Johnson  
Freshman • High Jump  
Omaha, Neb. (Millard North HS)

High School: An all-state performer in the high jump…also an all-stater in volleyball. **Personal:** Majoring in Business…daughter of Paul and Deb Johnson.  
**Personal Bests:** high jump—5-5 3/4.

Amanda Koester  
Freshman • Jumps  
Clinton, Iowa (Clinton HS)

High School: Won the state high jump title as a junior and senior after finishing third as a sophomore…a three-time runnerup in the high jump at the Drake Relays…placed 10th in the long jump her senior season…a member of the runnerup shuttle hurdle relay team. **Personal:** Majoring in Physical Education…daughter of Tom and Sandy Koester.  
**Personal Bests:** high jump—5-6; long jump—16-6 1/2.

Andrea Miller  
Senior • Shot Put  
Lee’s Summit, Mo. (Davenport North HS)

1998: **Outdoor - Captured the Missouri Valley shot put title with a career best 47-8 1/2…also won the Jim Duncan Invitational (45-4 1/2), UNI Open (44-4 1/4) and Florida State Relays (46-6 1/2)…finished fourth in the discus at the Duncan Invitational (125-9)…qualified for the Drake Relays, where she
finished 17th (43.83/4) ... placed ninth at the Sun Devil Relays (44.5-1/2) ... runner-up in the discus (138-7) at the UNI Open. Indoor - Registered a 46-11 loss in the shot put to win the conference championship ... placed second at the Iowa Open (43-2), third at the Mercantile Bank Invitational (45-3 1/2). 1997: Outdoor - Earned all-conference honors with a runner-up finish at the Valley meet (45-10) ... took second at the Iowa Invitational (43-11 3/4) ... tossed 44-1 1/4 in the shot to finish second at the Wisconsin Invitational ... won the Simpson Invitational (45-5) ... took runner-up honors at the Florida State Relays (43-7 1/4). Indoor - Earned her first all-conference honor by finishing third at the league championship (43-5) ... finished third in the shot put (43-6) at the Iowa State Holiday Classic, her first meet at UNI: also the second-best effort of the season in the conference ... took second at the Iowa Invitational (40-5 1/2) ... placed third at the UNI-Dome Open (43-0 1/4). 1996: Attended the University of Arkansas. High School: Won the Drake Relays and state indoor and outdoor titles in the shot put ... also lettered in volleyball, basketball, softball and soccer. Personal: Majoring in Psychology/Health Education ... daughter of Lonnie and Marline Miller ... Personal Bests: shot put--46-11 (indoor), 47-8 1/2 (outdoor).

Nikki Nelson
Freshman • Sprints/Long Jump
Mt. Vernon, Iowa (Mt. Vernon HS)

High School: One of the most successful athletes in Iowa high school track history, she won the state Class 2-A championship in four events as a senior -- 200 meters (25.31), 400 meters (56.84), long jump (17-4 1/4) and as a member of the sprint medley relay team ... a three-event state champ as a junior, winning the 200, 400 and long jump ... won the first of her three titles in the 400 as a sophomore while placing third in the long jump ... won the 800 at the Drake Relays as a senior while finishing sixth in the 100-meter dash and long jump ... placed ninth at the Drake Relays long jump as a sophomore and junior ... also lettered in softball, basketball and volleyball. Personal: Undecided major ... daughter of Gary and Karen Nelson ...

Personal Bests: 200m--25.31 (outdoor); 400m--56.54 (outdoor); long jump--17-8 (outdoor).

Amy Oleson
Freshman • Sprints/Hurdles
Burlington, Iowa (Burlington HS)

High School: Finished third at the state meet in the 400-meter hurdles as a sophomore, seventh as a junior ... took fourth in the 440-yard dash at the state indoor meet as a junior ... also lettered in softball, basketball and cross country. Personal: Majoring in Elementary Education ... daughter of Don and Pat Oleson ...

Personal Bests: 400-meter hurdles--1:06.03.

Tiffany Ratzlaff
Junior • Hurdles
Ankeny, Iowa (Ankeny HS)

1998: Outdoor - The Panthers' top hurdler who earned all-conference honors by placing third in the 100-meter hurdles at the Valley meet (14.33) ... her conference meet time was the third-fastest in the conference during the season ... finished second at the Jim Duncan Invitational (14.50) and fourth at the UNI Open (14.64). Indoor - Finished third in the 55-meter hurdles to pick up all-conference honors at the MVC Championships (8.17) ... finished second in the 55 hurdles at the UNI-Dome Open (8.17), fifth at the Hawkeye Open (8.45) ... ran 8.20 at the Husker Invitational. 1997: Outdoor - Ran a 14.97 in the 100-meter hurdles to finish sixth at the conference meet ... turned in a season-best 14.67 in the prelims at the Valley meet ... took first at the Simpson Invitational (15.37), 12th at the Florida State Relays (15.50) and fourth at the Iowa Invitational (15.32). Indoor - Scored at her first Missouri Valley meet, taking sixth in the 55 hurdles (8.41) ... placed sixth at the Mercantile Bank Invitational (8.45), and fourth at the Iowa Invitational (8.57) and UNI-Dome Open (8.52)... finished fourth in her first collegiate meet, running 9.19 in the 60-meter hurdles. High School: Won the state indoor title in the 55-meter hurdles twice ... placed third in the 100 hurdles at the state meet as a senior ... a member of two state championship shuttle hurdle relay teams. Personal: Majoring in Marketing ... daughter of Bev Stone ...


Kendra Stannard
Senior • Jumps/Multi-Events
Cedar Rapids, Iowa (Washington HS)

1998: Outdoor - Redshirted. Indoor - Finished sixth at the Missouri Valley Championships in the triple jump (38-0), fourth in the 55-meter hurdles (8.18) and ran on the second-place 4 x 400 relay team ... placed fourth in the 55 hurdles at the UNI-Dome Open (8.23), sixth at the Mercantile Bank Invitational (8.15) and ran 8.15 at the Husker Invitational ... won the long jump with a season-best 19-1 3/4 at the Mercantile Bank Invitational, also won at the Hawkeye Open (18-1 1/4) ... placed second in the long jump at the UNI-Dome Open (18-9 1/4), eighth at the Iowa State Last Chance Meet (18-2). 1997: Outdoor - Finished sixth at the conference meet in the heptathlon (4,350), seventh in the 100 hurdles (15.50) and long jump (17-9), and ninth in the triple jump (35-7 1/4) ... notched 4,197 points to finish 12th in the heptathlon at the Sea Ray Relays ... ran the second leg on UNI's sixth-place sprint medley relay team at the Drake Relays ... finished fifth at the Iowa Invitational in the javelin (89-6) and fifth at the Wisconsin Invitational (87-2) ... placed fifth in the long jump at the Wisconsin Invitational (16-2 1/4) ... a member of the MVC all-academic team by maintaining a 3.42 GPA. Indoor - Placed fifth in the long jump (18-2 1/2) and 11th in the triple jump (35-4 1/2) at the Missouri Valley meet ... won the long jump at the Iowa Invitational (17-0), finished second in the Redbird Open (17-7), eighth at the Iowa State Classic (18-10 1/4) and fourth at the ISU Holiday Classic (17-11 1/4) ... captured third in the triple jump at the Mercantile Bank Invitational (36-10 1/4) and Redbird Open (36-2) ... placed fifth in the 55 hurdles at the Redbird Open (9-09) and sixth at the Iowa Invitational (9-15). 1996: Outdoor - The Panthers' top long and triple jumper, she broke a nine-year-old school record in the heptathlon by scoring 4,748 to win the Minnesota/Nike Invitational ... finished fifth in the Drake Relays (4,587) and Missouri Valley Conference heptathlons (4,420) ... placed sixth in the long jump at the MVC meet (18-5 3/4) ... placed second in the 100-meter hurdles at the Iowa Invitational (16-54) ... won the long jump (17-9) and finished third in the 200-meter dash at the New Mexico Invitational (25.81) and sixth in the javelin (81-11) ... won the triple jump at the SEMotion Relays (37-8) ... ran on the 4 x 400 team that won the Iowa Invitational. Indoor - Finished third at the MVC meet in the pentathlon (3,365) and sixth in the triple jump as a freshman (36-11 1/2) ... set six personal bests at the conference meet -- in the pentathlon, long jump, triple jump, 800 meters, high jump and shot put ... took second in the long jump (17-11) and triple jump (33-11 1/2), and fifth in the 55 hurdles (8.90) at the Mercantile Bank Invitational ... won the UNI-Dome Open long jump (17-10 1/4) and placed sixth at the Wisconsin Invitational (17-5) ... placed second in the long jump (18-1 1/4) and sixth in the
Panther Profiles

Kari Thilges
Junior • Distance
West Bend, Iowa (West Bend-Mallard HS)

1998: Cross Country - Placed third for UNI and 15th overall at the Missouri Valley Conference Championships...named to the conference all-scholar team...among the team’s top four runners all year with a season-best time of 18:25...top finish was 12th at the Indiana State Invitational. Outdoor - Placed sixth in the 3,000 at the conference meet (10:27.40) and 11th in the 10,000 (41:22.25)...took fourth in the 3,000 at the Jim Duncan Invitational (10:49.20), sixth at the Florida State Relays (10:33.41), ninth at the Wisconsin Invitational (10:29.07) and 10th at the Sun Devil Relays (10:23.04)...placed fourth in the mile at the UNI Open (4:51.58). Indoor - Ran a season-best 10:25.84 in the 3,000 at the Iowa State Holiday Classic and turned in her top 5,000 time of 18:25.45 on the same track at the Iowa State Classic...finished third in the 3,000 at the UNI-Dome Open (10:31.08), third at the Hawkeye Open (11:32.20), fifth at the Mercantile Bank Invitational (10:33.45) and eighth at the Iowa State Open (10:34.07). 1997: Cross Country - Placed third for UNI and 19th overall at the Valley meet...named to the conference all-scholar team...finished 23rd at the district meet to earn all-district honors. Outdoor - Placed 12th in the 3,000 and 15th in the 5,000 at the conference meet as a freshman...took fifth in the 3,000 at the Florida State Relays (10:30.66), fourth at the Iowa Invitational (10:33.74) and ninth at the Wisconsin Invitational (10:35.04)...posted a fifth-place finish at the SEMotion Relays in the 5,000 (18:40.16). Indoor - Placed 13th at the conference meet in the 3,000 as freshman (10:28.66)...won the 3,000 at the UNI-Dome Open (10:33.68)....ran third in the 3,000 at the Mercantile Bank Invitational (10:45.28), Iowa State Holiday Classic (10:56.29), Iowa Invitational (10:58.00) and Redbird Open (10:37.40). High School: Finished third at the state meet in the 3,000 and fifth in the 1,500 as a senior...also lettered in basketball. Personal: Majoring in Business Management...daughter of Lloyd and Jean Thilges. Personal Bests: 5K--18:25; 3,000m--10:25.84 (indoor), 10:23.04 (outdoor); 5,000m--18:25.45 (indoor), 18:18.61 (outdoor).

Kari Whitman
Senior • Distance
Grand Mound, Iowa (Calamus-Wheatland HS)

1998: Cross Country - A member of UNI’s team that placed fifth at the Missouri Valley Conference Championships. Outdoor - Posted a season-best 5:00.44 in the 1,500 at the UNI Open, where she finished sixth. Indoor - Redshirted. 1997: Outdoor - Redshirted. Indoor - Recorded her season-best time in the mile, 5:37.95, at the Redbird Open, finishing 11th. 1996: Cross Country - Finished fourth at the conference for the Panthers and 32nd overall at the Valley meet...a consistent member of the team’s top four runners. Indoor - Placed 13th in the mile run at the conference meet (5:33.77)...finished eighth in the mile at the Iowa State Holiday Classic (5:36.52). High School: A state track and cross country qualifier her first three years...named her conference’s most valuable cross country and track runner...also lettered in basketball. Personal: Majoring in Physical Therapy...daughter of Wayne and Marcia Whitman. Personal Bests: mile--5:33.77; 1,500m--5:00.44.

Melissa Yerk
Senior • Throws
Belvidere, Ill. (Belvidere HS)

1998: Outdoor - Set a UNI record in the hammer throw with a toss of 163-11 in winning the Wisconsin Invitational...qualified for the Drake Relays in the hammer, placing 17th (159-4 1/2)...placed fifth at the Missouri Valley meet in the hammer (163-9)...captured the hammer throw (163-4) and discus (142-8) at the UNI Open...finished fourth at the Sun Devil Relays (156-1-)...runnerup in the hammer at the Florida State Relays (156-5). Indoor - Provisionally qualified for the NCAA Championships with a school-record 56-2 effort in the 20-pound weight at the Husker Invitational, which also was the fifth-best throw in the Valley...won the Iowa Invitational (52-9 3/4) and finished second at the UNI-Dome Open (55-9 3/4) and Mercantile Bank Invitational (56-0)...took fourth at the Iowa State Open (56-1 3/4). 1997: Outdoor - Finished fourth in the hammer (130-0) and eighth in the discus (117-5) at the Florida State Relays...took fifth in the hammer (135-0) at the Wisconsin Invitational. Indoor - Recorded a season-best 52-8 1/2 in the weight throw at the Mercantile Bank Invitational, finishing second...placed second at the UNI-Dome Open (47-10 3/4) and third at the Iowa Invitational (45-8 1/2). 1996: Outdoor - Set a then-school record in the hammer at 149-1 at the SEMotion Relays...placed fifth in the hammer (146-7) and ninth in the shot put (39-4 1/2) at the MVC Championships. Indoor - Set a then-school record and provisionally qualified for the NCAA meet with a 51-9 3/4 effort in an NCAA Last Chance Meet in Ames...tossed second at the UNI-Dome Open (48-3)...threw 50-1 in the 20# weight while finishing third at the Mercantile Bank Invitational. High School: Placed second at the state meet in the discus as a senior...a four-year all-conference performer...also lettered in volleyball. Personal: Majoring in Leisure Services/Therapeutic Recreation...daughter of Gary and Sheridan Yerk. Personal Bests: 20# weight--56-2; hammer--163-11.
### NCAA Qualifying Standards

#### Men

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*Size of track.

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<td>1.77 (5-9 3/4)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.00 (13-1 1/2)</td>
<td>3.50 (11-5 3/4)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.34 (20-9 1/2)</td>
<td>6.10 (20-0)</td>
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<td>Triple Jump</td>
<td>13.15 (43-1 3/4)</td>
<td>12.60 (41-1 4/4)</td>
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<tr>
<td>Shot Put</td>
<td>16.10 (52-10)</td>
<td>14.90 (48-10 3/4)</td>
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<tr>
<td>Shot Put (Dis)</td>
<td>19.20 (63-0)</td>
<td>17.70 (59-1)</td>
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*Size of track.

#### Outdoor

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<tr>
<td>100 Meters</td>
<td>11.25</td>
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<tr>
<td>400 Meters</td>
<td>52.20</td>
<td>53.70</td>
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<tr>
<td>800 Meters</td>
<td>2:05.00</td>
<td>2:07.50</td>
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<td>1,500 Meters</td>
<td>4:18.00</td>
<td>4:24.30</td>
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<tr>
<td>Mile</td>
<td>4:38.64</td>
<td>4:45.44</td>
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<td>3,000 Meters</td>
<td>9:19.00</td>
<td>9:39.00</td>
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<tr>
<td>5,000 Meters</td>
<td>16:16.00</td>
<td>16:50.00</td>
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<td>10,000 Meters</td>
<td>34:30.00</td>
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<td>1,600-Meter Hurdles</td>
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<td>400-Meter Hurdles</td>
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<td>440-Yard Relay</td>
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<td>High Jump</td>
<td>1.87 (6-1 1/2)</td>
<td>1.79 (5-10 1/2)</td>
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<td>3.50 (11-7 3/4)</td>
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<td>Long Jump</td>
<td>6.50 (21-4)</td>
<td>6.15 (20-2 1/4)</td>
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<td>12.60 (41-4 1/4)</td>
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<td>Shot Put</td>
<td>16.05 (52-8)</td>
<td>15.00 (49-2 1/2)</td>
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<td>Discus</td>
<td>56.00 (183-9)</td>
<td>50.50 (165-8)</td>
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<td>Javelin</td>
<td>52.50 (172-3)</td>
<td>47.00 (154-2)</td>
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<td>Hammer</td>
<td>59.90 (193-7)</td>
<td>55.00 (180-5)</td>
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<tr>
<td>Decathlon</td>
<td>7,600 pts.</td>
<td>7,100 pts.</td>
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</table>
The UNI-Dome is a unique, multi-purpose athletic facility built in 1976 which has earned a reputation as one of the finest collegiate athletic facilities in America.

It has been the site of numerous nationally prominent track and field meets such as the Central Collegiate Conference Championships, the Mid-Continent Conference Championships, the NCAA Track and Field Championships and is annually the site of the premier indoor track meet in Iowa, the A.D. Dickinson Relays. In February of 1999, the Dome will host its third Missouri Valley Conference Championship, having previously played host to the event in 1993 and '96.

A glance at the UNI-Dome records list shows some of America's finest athletes, both past and present, have competed in the facility in its 22-year history.

The Dome combines the features of a fieldhouse, football stadium and large auditorium. In addition to top track and field events, it also has hosted NCAA football playoffs and was the home of the 1997 NCAA Division I Wrestling Championships, which shattered all previous attendance marks.

Approximately 16,400 spectators can be seated for football games and track meets and 10,000 for court side activities.

The facility provides an ideal training atmosphere for the Northern Iowa track and field program. The Panthers are able to train in the Dome from November to March, utilizing all the field event stations simultaneously due to the spacious arrangement on the arena floor.

With one of the fastest 200-meter indoor tracks in America to call home, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

With its recent conversion to a hybrid roof system and the installation of a new polyurethane, two-tone track just completed in January, the UNI-Dome is unsurpassed as one of the premier indoor track and field facilities in the United States.

To date, nearly eight million people are estimated to have attended events in the Dome.

**UNI-Dome Records**

### Men

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Year</th>
<th>College</th>
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<tbody>
<tr>
<td>55-Meter Dash</td>
<td>6.09</td>
<td>1994</td>
<td>Mark Witherspoon, Mizuno/Houston Track Club</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>7.20</td>
<td>1996</td>
<td>Reggio Torian, Wisconsin</td>
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<tr>
<td>400 Meters</td>
<td>46.38</td>
<td>1986</td>
<td>Tim Simon, Illinois</td>
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<tr>
<td>600 Meters</td>
<td>1:18.14</td>
<td>1997</td>
<td>Joey Woody, Northern Iowa</td>
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<tr>
<td>800 Meters</td>
<td>1:47.22</td>
<td>1996</td>
<td>Einars Tupuritis, Wichita State</td>
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<td>1,000 Meters</td>
<td>2:27.92</td>
<td>1994</td>
<td>Dmitry Dorzov, Iowa State</td>
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<td>Mile</td>
<td>4:01.52</td>
<td>1989</td>
<td>Roland Pauweis, Iowa State</td>
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<td>8:02.24</td>
<td>1988</td>
<td>Barnaba Korir, Iowa State</td>
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<td>5,000 Meters</td>
<td>14:09.59</td>
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<td>Don Johns, Eastern Michigan</td>
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<td>Mile Relay</td>
<td>3:10.68</td>
<td>Illinois</td>
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<td></td>
<td>Tolbert, Bridges, Hamer, Simon</td>
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<tr>
<td>Sprint Medley Relay</td>
<td>3:34.34</td>
<td>Northern Iowa</td>
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<td>Distance Medley Relay</td>
<td>9:57.37</td>
<td>Notre Dame</td>
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<td>Rogan, Harris, O’Connor, Garrett</td>
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<td>Two-Mile Relay</td>
<td>7:34.54</td>
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<td>Oaks, Conlon, Neal, Maton</td>
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<tr>
<td>35# Weight</td>
<td>67-2</td>
<td>1996</td>
<td>Cedric Chapman, Illinois State</td>
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<tr>
<td>Shot Put</td>
<td>66-10.1/2</td>
<td>1976</td>
<td>Al Fuerbach, Pacific Coast Track Club</td>
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<td>High Jump</td>
<td>7-5-1/4</td>
<td>1996</td>
<td>Tim Suchan, Unattached</td>
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<td>Triple Jump</td>
<td>52-23/4</td>
<td>1996</td>
<td>Dion Simmons, Unattached</td>
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<td>Long Jump</td>
<td>25-7</td>
<td>1998</td>
<td>Bashir Yirimi, Iowa</td>
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<tr>
<td>Pole Vault</td>
<td>17-9 1/4</td>
<td>1990</td>
<td>Kelly Riley, Arkansas State</td>
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### Women

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Year</th>
<th>College</th>
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<tbody>
<tr>
<td>55-Meter Dash</td>
<td>6.76</td>
<td>1993</td>
<td>Hollie Hyche, Indiana State</td>
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<td>55-Meter Hurdles</td>
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<td>1991</td>
<td>Scyla Murray, Western Illinois</td>
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<td>23.18</td>
<td>1993</td>
<td>Hollie Hyche, Indiana State</td>
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<td>400 Meters</td>
<td>54.55</td>
<td>1996</td>
<td>Ellen Grant, Iowa</td>
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<td>600 Meters</td>
<td>1:32.39</td>
<td>1993</td>
<td>Metra Bell, Illinois State</td>
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<td>800 Meters</td>
<td>2:08.17</td>
<td>1998</td>
<td>Janet Westphal, Wisconsin</td>
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<tr>
<td>1,000 Meters</td>
<td>2:52.44</td>
<td>1993</td>
<td>Joanna Johnson, Drake</td>
</tr>
<tr>
<td>Mile</td>
<td>4:38.30</td>
<td>1982</td>
<td>Darlene Beckford, Harvard</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>9:45.90</td>
<td>1991</td>
<td>Kathy Campbell, Western Illinois</td>
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<tr>
<td>5,000 Meters</td>
<td>17:34.62</td>
<td>1991</td>
<td>Debbie Ramsseyer, Indiana State</td>
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<td>Mile Relay</td>
<td>3:44.96</td>
<td>Texas</td>
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<td>Sherfield, Walker, Bean, Coleman</td>
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<tr>
<td>Distance Medley Relay</td>
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<td>Virginia</td>
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<td>Nicholson, Hatchett, Welch, Haworth</td>
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<td>Two-Mile Relay</td>
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<td>Florida State</td>
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<tr>
<td>Coomber, Borovicka, Wood, Brown</td>
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<td>20# Weight</td>
<td>62-6 1/2</td>
<td>1997</td>
<td>Kris Curnyn, Iowa State</td>
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<td>Shot Put</td>
<td>54-11 3/4</td>
<td>1982</td>
<td>Rosemarie Blauch, Tennessee</td>
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<tr>
<td>High Jump</td>
<td>6-1 3/4</td>
<td>1982</td>
<td>Gale Charmaine, Arizona</td>
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<td>Triple Jump</td>
<td>40-2 3/4</td>
<td>1995</td>
<td>Dianna Leffridge, Northern Iowa</td>
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<td>Long Jump</td>
<td>20-8 3/4</td>
<td>1982</td>
<td>Donna Thomas, North Texas State</td>
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<td>Pole Vault</td>
<td>9-0 1/4</td>
<td>1998</td>
<td>Jessica Fisher, Northern Iowa</td>
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<tr>
<td>Pentathlon</td>
<td>4266 pts.</td>
<td>1982</td>
<td>Julie White, Boston University</td>
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</table>
Northern Iowa’s track and field teams compete outdoors at the new UNI Complex, located just across the street from the UNI-Dome. The complex, which combined with the UNI-Dome gives Northern Iowa the finest combination of indoor and outdoor facilities in America, opened just last spring. In its inaugural season, the complex hosted the first annual Northern Iowa Open and the Missouri Valley Conference Championships, which the Panther men’s team won.

The University’s investment in these new surfaces gives the Panthers the advantage of training and competing under ideal conditions any time of the year.

The new 400-meter, eight-lane track is made of the latest state-of-the-art polyurethane surface. The track surrounds a field area that features a steeplechase water jump, two pits each for the long and triple jump, dual throw rings for the weights, a discus/hammer cage and full pour takeoffs for the pole vault, long jump and triple jump.

**UNI Outdoor Complex Records**

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td><strong>400 Meters</strong> 47.00, Andrea Morris, Unattached (1998)</td>
<td><strong>400 Meters</strong> 54.42, Juliet Pommells, Southwest Missouri State (1998)</td>
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<td><strong>3,000-Meter Steeplechase</strong> 9:02.58, Jay Brock, Northern Iowa (1998)</td>
<td><strong>3,000 Meters</strong> 9:56.72, Mary Ellen Hill, Bradley (1998)</td>
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<td><strong>5,000 Meters</strong> 14:45.94, Chad Schwitters, Iowa (1998)</td>
<td><strong>5,000 Meters</strong> 17:47.21, Mary Ellen Hill, Bradley (1998)</td>
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<td><strong>4 x 100 Relay</strong> 40.54, Southwest Missouri State</td>
<td><strong>4 x 100 Relay</strong> 45.88, Southwest Missouri State</td>
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<td><strong>4 x 400 Relay</strong> 3:11.89, Southern Illinois</td>
<td><strong>4 x 400 Relay</strong> 3:42.09, Southwest Missouri State</td>
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<tr>
<td><strong>Shot Put</strong> 29-3/4, Josh Hagedorn, Unattached (1998)</td>
<td><strong>Shot Put</strong> 47-8 1/2, Andrea Miller, Northern Iowa (1998)</td>
</tr>
<tr>
<td><strong>Decathlon</strong> 7031 pts., Travis Geopfert, Northern Iowa (1998)</td>
<td><strong>Heptathlon</strong> 4875 pts., Mellane Welty, Wichita State (1998)</td>
</tr>
</tbody>
</table>
# Men's Indoor Records

## 55-Meter Dash
2. Dedric Ward 6.31 1998  
3. Joe Fuller 6.34 1984  
4. Doug Case 6.37 1984  

## Mile Run
1. Tom Penningroth 4:07.54 1989  
3. Bill Glassmaker 4:09.77 1984  
4. Dennis Schultz 4:09.84 1974  
5. Chad Flynn 4:10.57 1993

## Shot Put
1. Brent Geringer 60-3 1/4 1979  
3. Arnie Doden 57-0 3/4 1983  
5. Matt Casillas 55-10 1/2 1996

## 55-Meter Hurdles
1. Johnny Westbrook 7.29 1993  
2. Jay Connor 7.31 1984  
3. Jason Mc Cleary 7.32 1993  
5. Alonzo Clayton 7.40 1997

## 3,000 Meters
1. Dan Hostager 8:02.67 1989  
2. Bill Castle 8:17.61 1991  
4. Trent Timson 8:27.94 1988  
5. Matt Casillas 8:31.37 1993

## 35# Weight
1. Matt Casillas 67-7 1996  
2. Dave Jennings 58-10 1999  
3. Mike Maddox 54-4 3/4 1997  
4. Mike Maddox 54-4 3/4 1997  
5. Brad Travis 52-6 3/4 1999

## 200 Meters
5. David Harrington 22.14 1988

## 5,000 Meters
1. Dan Hostager 14:27.01 1989  
2. Chris Leonard 14:29.69 1983  
3. Dan Fick 14:32.95 1985  
4. Marty Greene 14:33.34 1993  
5. Troy Becker 14:35.02 1987

## 400 Meters
1. Jim Turner 47.01 1990  
2. Jon Judisch 47.07 1998  
4. Brooks Glasnapp 48.44 1987  
5. Joey Woody 48.54 1994

## Pole Vault
1. Jacob Pauli 18-2 1/2 1999  
4. Bob Edwards 17-1 1/2 1991  
5. Troy Becker 16-9 1/2 1986

## 600 Meters
5. Gregg Garn 1:20.75 1994

## High Jump
1. Tim Suchan 7-4 1/2 1995  
2. Pete Herber 7-3 1/4 1994  
3. Steve Daugherty 7-1 1/2 1992  
4. Ryan Santi 7-0 1/2 1994  
5. Jason Boness 7-0 1/4 1999

## Long Jump
1. Devon Davis 25-2 1/2 1999  
2. Jason Mc Cleary 24-8 1/4 1993  
3. Brad Miller 24-0 1/2 1991  
5. Jason Woodford 23-9 1983

## 800 Meters
2. Jeff Burris 1:49.56 1989  
3. Miklos Arpasi 1:49.90 1993  
5. Kent Terrillion 1:50.70 1988

## Triple Jump
1. Junior Chukukere 52-1 1992  
2. Alen Toplovcan 50-5 1/4 1997  
3. Devon Davis 49-5 1999  
4. Bill Lawson 49-0 1/4 1978  
5. Bob Williams 46-10 1/4 1982

## 1,000 Meters
1. Chad Flynn 2:27.99 1995  
5. Joey Woody 2:30.29 1996

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*Image: Brent MacLagan*
### Women's Indoor Records

#### 55-Meter Dash
2. Sherry Shedd 7.08 1991
3. Denise Sauerbrei 7.12 1997
4. Dianna Leftridge 7.15 1995
5. Amy Goodlaxson 7.18 1996

#### Mile Run
1. Jenny Jackson 4:52.47 1997
2. Emily Montgomery 4:56.96 1995
3. Julie Mazzitelli 5:00.30 1993
4. Kris Skov Wallace 5:01.44 1982
5. Kathy Allen 5:02.43 1991

#### Shot Put
1. Lisa Tatman 48-3 1/4 1989
3. Donna Wheeler 45-8 1988
4. Maren Seehusen 43-3 1/4 1982
5. Arlene Truss 42-6 3/4 1996

#### 55-Meter Hurdles
1. Brenna Fleishman 8.00 1998
2. Kendra Stannard 8.15 1998
3. Tiffany Ratzlaff 8.16 1998
4. Dianna Leftridge 8.40 1995
5. Julie Davis 8.40 1998

#### 3,000 Meters
1. Julie Mazzitelli 9:59.64 1993
4. Sherry Shedd 10:15.44 1995

#### 20# Weight
1. Melissa Yerk 56-2 1998
4. Melissa Yerk 55-5 1/2 1998

#### 200 Meters
1. Shantel Twiggs 24.12 1994
2. Denise Sauerbrei 24.52 1997
4. Deb Cordner 25.32 1999
5. Julie Davis 25.36 1991

#### 5,000 Meters
1. Sandy Elsberry 17:38.04 1983
2. Becky Slick 18:20.75 1998
5. Shawn Magnall 18:30.34 1990

#### Pole Vault
4. Jessica Fisher 8-0 1/2 1998
5. Jessica Fisher 8-0 1998

#### 600 Meters
1. Diane Black 1:33.60 1990
2. Jacque Askeland 1:33.71 1994
3. Nikki Nelson 1:34.87 1999
4. Heather Sellers 1:36.05 1995
5. Michelle Surber 1:36.31 1995

#### 4 x 400-Meter Relay

#### 400 Meters
2. Rhonda Eiben 56.49 1997
3. Deb Cordner 56.87 1999
4. Dyan Fluhrer 57.00 1992
5. Shantel Twiggs 57.08 1994

#### 800 Meters
1. Emily Montgomery 2:09.00 1996

#### High Jump
1. Jeannette Brown 5-9 1982
2. Karen Smith 5-7 3/4 1987
3. Amy Oleson 5-7 1/4 1995
4. Dianna Leftridge 5-7 1995
5. Molly Ostrander 5-6 3/4 1994

#### Long Jump
1. Dianna Leftridge 20-11 1/2 1995
4. Jill George 17-9 1/2 1999

#### 600 Meters
1. Diane Black 1:33.60 1990
2. Jacque Askeland 1:33.71 1994
3. Nikki Nelson 1:34.87 1999
4. Heather Sellers 1:36.05 1995
5. Michelle Surber 1:36.31 1995

#### 1,000 Meters
1. Emily Montgomery 2:09.00 1996

#### Triple Jump
2. Kendra Stannard 38-0 1998
3. Rhonda Butt 37-0 1984
5. Amanda Koester 32-5 3/4 1999

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Kendra Stannard
## Men's Outdoor Records

### 100-Meter Dash

| 1. Jeff Adam   | 10.41  | 1998 |
| 3. Maceo Strickland | 10.43  | 1994 |
| 5. John Harland | 10.54  | 1977 |

### 3,000-Meter Steeplechase

| 1. Jay Brock  | 8:51.64  | 1998 |
| 2. Jeff Short | 9:04.85  | 1991 |
| 3. Steve Geahart | 9:05.74  | 1986 |
| 4. Jim Whitcomb | 9:10.54  | 1983 |
| 5. Levente Timar | 9:15.81  | 1998 |

### Shot Put

| 1. John Holler  | 58-6  | 1978 |
| 2. Tom Reints   | 58-4  | 1982 |
| 3. Mike McCready | 57-8 3/4 | 1971 |
| 4. Brent Geringer | 57-6 1/4 | 1979 |
| 5. Matt Casillas | 54-11 1/2 | 1995 |

### 110-Meter Hurdles

| 2. Larry McCready | 13.84  | 1967 |
| 3. Jeff Adam    | 13.97  | 1993 |
| 5. Jason McCleary | 14.11  | 1993 |

### 5,000 Meters

| 4. Jim Erredge  | 14:31.54 | 1979 |
| 5. Dave O'Brien | 14:32.24 | 1979 |

### Hammer

| 1. Allan Walz  | 197-11 | 1996 |
| 2. Matt Casillas | 195-7 | 1996 |
| 3. Tom Reints   | 185-9  | 1982 |
| 4. Ken Schwartz | 167-6  | 1975 |
| 5. John Holler  | 165-3  | 1977 |

### 200 Meters

| 1. Dedric Ward | 20.87  | 1997 |
| 2. Kenny Shedd | 20.95  | 1992 |

### 10,000 Meters

| 2. Bryan Huhnerkoch | 29:59.24 | 1979 |

### Discus

| 1. Brent Geringer | 199-6 | 1979 |
| 2. Matt Haven    | 187-10 | 1984 |
| 3. Allan Walz    | 184-8  | 1995 |
| 4. Arnie Doden   | 178-0  | 1983 |
| 5. Mike Macdox   | 177-2  | 1996 |

### 400 Meters

| 1. Dedric Ward | 46.46  | 1997 |
| 2. Dennis Roloff | 46.94  | 1972 |
| 4. Brooks Glasnapp | 47.40  | 1986 |
| 5. Jim Turner  | 47.43  | 1991 |

### Pole Vault

| 1. Juri Rovan  | 18-1  | 1996 |
| 2. Bob Edwards | 17-4 1/2 | 1992 |
| 3. Russ Adams  | 17-4 1/4 | 1985 |
| 4. Jacob Pauli | 17-3  | 1988 |
| 5. Brad Miller | 17-0  | 1990 |

### Javelin

| 1. Juri Rovan  | 207-7 | 1995 |
| 2. Mike Raffensperger | 204-8 | 1989 |
| 3. Scott Sloan | 192-9 | 1986 |
| 4. Brad Miller | 175-5 | 1992 |
| 5. Jason McCleary | 173-2 | 1993 |

### 400-Meter Hurdles

| 2. Alex Garn   | 51.69  | 1995 |
| 3. Gregg Garn  | 51.78  | 1993 |
| 4. Tom Akers   | 52.00  | 1979 |
| 5. Joel Hartman | 52.47  | 1988 |

### High Jump

| 1. Tim Suchan  | 7-3 3/4 | 1991 |
| 2. Pete Herber | 7-1 3/4 | 1994 |
| 3. Ryan Santi  | 7-0   | 1993 |
| 5. Steve Weaver | 6-11  | 1983 |

### Long Jump

| 1. Wayne Simon  | 24-10 3/4 | 1987 |
| 2. Jason McCleary | 24-10 1/4 | 1993 |
| 3. Bobby Williams | 24-2 1/2  | 1981 |
| 4. Todd Madsen  | 24-2 1/4  | 1993 |
| 5. Bob Smith    | 24-1 3/4  | 1992 |

### Decathlon

| 1. Brent Geringer | 7,419 | 1992 |
| 2. Mike Raffensperger | 7,314 | 1989 |
| 3. Jason McCleary | 7,225 | 1993 |
| 4. Travis Geopfert | 7,031 | 1998 |
| 5. Bill Cook     | 6,821 | 1997 |

### 800 Meters

| 1. Jeff Burris  | 1:48.10 | 1988 |
| 5. Kent Terrillon | 1:49.70 | 1990 |
| Eric Potter    | 1:49.70 | 1997 |

### Triple Jump

| 1. Junior Chukukere | 51-6 1/4 | 1992 |
| 2. Alen Topolovcan | 50-7 1/4 | 1996 |
| 4. Bobby Williams  | 49-6 3/4 | 1982 |
| 5. Craig Fay       | 49-6 1/2 | 1968 |

### 4 x 400-Meter Relay

| 4. Chad Flynn                   | 3:11.39 | 1993 |
| 5. Carl Burrell                 | 3:11.64 | 1990 |
## Women's Outdoor Records

### 100-Meter Dash
1. Shantel Twiggs 11.20 1994
2. Denise Sauerbrei 11.70 1997
3. Sherry Shedd 11.96 1992
   Michelle Dunagan 12.04 1985

### 3,000 Meters
1. Sandy Elsberry 9:52.74 1984
2. Julie Mazzitelli 10:00.24 1993
3. Kary Kleber 10:05.55 1986
4. Becky Slick 10:07.27 1998
5. Heather Muienberg 10:15.10 1997

### Shot Put
1. Lisa Tatman 48-0 1988
2. Andrea Miller 47-8 1/2 1998
3. Donna Wheeler 45-1 1989
4. Vicki White 44-0 1993
5. Maren Seehusen 43-10 1/2 1984

### 200 Meters
1. Shantel Twiggs 23.04 1993
2. Denise Sauerbrei 23.73 1997
3. Sherry Shedd 24.29 1990
4. Tracy Wentzien 24.85 1979
5. Rhonda Eiben 24.91 1997

### 10,000 Meters
1. Suzie Scheer 36:06.04 1984
2. Amy Giela 37:32.91 1993
3. Heidi Heiar 38:10.02 1996
4. Heidi Heiar 38:27.64 1993
5. Michelle Wing 38:55.98 1993

### Discus
1. Cathy Rardin 14.84 1982
2. Lisa Tatman 144-3 1988
3. Donna Wheeler 148-7 1988
4. Jennifer Van Etten 139-2 1985
5. Andrea Miller 138-7 1998

### 400 Meters
1. Sherry Shedd 53.74 1992
2. Diane Black 55.27 1991
3. Rhonda Eiben 55.32 1997
4. Jill Bakewell 55.84 1998
5. Dyan Fluhrer 55.99 1993

### Pole Vault

### High Jump
1. Jeannette Brown 5-7 1982
2. Karen Smith 5-7 1987
3. Amy Engle 5-6 1998
4. Amy Oleson 5-6 1994
5. Molly Ostrander 5-4 1/2 1993

### Long Jump
1. Dianna Leftridge 21-3 1994
2. Sheila Sohner 18-6 3/4 1982
5. Julie Davis 16-9 1/2 1991

### Triple Jump
1. Dianna Leftridge 41-9 1/4 1994
2. Kendra Stannard 38-2 1/4 1996
3. Rhonda Butt 37-3 1/2 1985

### 4 x 400-Meter Relay
1. Fluhrer, Depew, Twiggs, Shedd 3:45.07 1992
2. 3:46.09 1994
3. 3:46.39 1991
4. 3:46.84 1997
5. 3:49.75 1995

## Women's Outdoor Records

### 100-Meter Hurdles
4. Sue Buffington 14.84 1977
   Cathy Rardin 14.84 1982

### 5,000 Meters
1. Sandy Elsberry 17:11.14 1993
2. Amy Giela 18:02.11 1993
3. Heidi Heiar 18:07.70 1996

### Discus
1. Kristie Oleen 146-0 1990
2. Lisa Tatman 144-3 1988
3. Michelle Wing 139-9 1988
4. Jennifer Van Etten 139-2 1985
5. Andrea Miller 138-7 1998

### 400-Meter Hurdles
1. Michelle Surber 1:02.72 1997
2. Brenna Fleishman 1:04.69 1998
3. Deb Schmeling 1:05.24 1980
4. Deb TeSlaa 1:06.80 1989
5. Amy Wheeler 1:07.44 1990

### 800 Meters
1. Emily Montgomery 2:08.39 1995
4. Darsi Evans 2:12.28 1987

### 1,500 Meters
1. Emily Montgomery 4:33.45 1995
2. J'ne Day 4:33.46 1982

### Shot Put
1. Lisa Tatman 48-0 1988
2. Andrea Miller 47-8 1/2 1998
3. Donna Wheeler 45-1 1989
4. Vicki White 44-0 1993
5. Maren Seehusen 43-10 1/2 1984

### Hammer
2. Stephanie Wainscott 129-5 1996

### Javelin
1. Donna Wheeler 148-7 1988
2. Joan Sexton 141-6 1981
3. Lisa Tatman 135-1 1989
5. Angie Beck 119-3 1989

### Heptathlon
1. Kendra Stannard 4,748 1996
2. Karen Smith 4,639 1987
3. Val Patterson 4,212 1994
4. Molly Ostrander 4,091 1994

## Northern Iowa Track & Field

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**Note:** The above text is a representative sample of the data present in the document and may not capture all the details due to the limitations of text-only representation.
UNI HONOR ROLL

MEN'S INDOOR

All-Americans
1989 - Jeff Burris (800 Meters) Dan Hostager (3,000 Meters)
1993 - Johnny Westbrook (55-Meter Hurdles)
1996 - Joey Woody (800 Meters) Juri Rovan (Pole Vault)

NCAA Division I Qualifiers
(Automatic & Provisional)
1988 - Jeff Burris, 800 Meters
1989 - Jeff Burris, 800 Meters
1990 - Tim Suchan, High Jump
1991 - Brad Miller, Pole Vault
1992 - Johnny Westbrook, 55-Meter Hurdles
1993 - Juri Rovan, 55-Meter Hurdles
1994 - Tim Suchan, High Jump
1995 - Tim Suchan, High Jump
1996 - Matt Casillas, 35## Weight
1997 - Juri Rovan, Pole Vault
1998 - Juri Rovan, Pole Vault

Conference Champions
1960 - Jerry Stillwell, Broad Jump
1961 - Paul Diekle, High Jump
1962 - Delbert Lowery, High Jump

1963 - Hank Sattari, High Jump
1966 - Mark Harper, Shot Put
1967 - Larry McCready, 60-Yd. Hurdles
1969 - Rich Franklin, Long Jump
1972 - Dennis Roloff, 440-Yd. Dash
1975 - John Holler, Shot Put
1976 - Joel Rogers, 60-Yd. Hurdles
1977 - Al Atherton, 60-Yd. Dash
1978 - Kelly Ellis, 60-Yd. Dash
1979-83 - No conference meet
1984 - Jay Connor, 60-Yd. Hurdles
1985 - Paul Edgar, 1000 Yards
1986 - Joe Fuller, 60-Yd. Dash
1987 - Jeff Burris, 800 Yards
1988 - Kelly Tagtow, 35## Weight
1989 - Dan Hostager, Two Mile
1990 - Jim Turner
1991 - Kenny Shedd, 200 Meters
1992 - Kenny Shedd, 400 Meters
1993 - Johnny Westbrook, 55-Meter Hurdles
1994 - Alonzo Clayton, 55-Meter Hurdles
1995 - Jason McCleary, 55-Meter Hurdles
1996 - Jon Judisch, 400 Meters
1997 - Juri Rovan, Pole Vault

Conference Athlete of the Year
(since 1964)
1969 - Dan Hostager
1990 - Jim Turner
1995 - Tim Suchan (Field)
1997 - Juri Rovan (Field)
Conference Coach of the Year
(since 1984)
1984 - Lynn King
1985 - Chris Bucknam
1986 - Chris Bucknam
1988 - Bill Lawson
1990 - Chris Bucknam
1993 - Bill Lawson (Decathlon)
1998 - Chris Bucknam

MEN'S OUTDOOR
National Champions
1997 - Joey Woody (400-Meter Hurdles)

Division II
1978 - Brent Geringer (Discus)

World Championships
1997 - Joey Woody (400-Meter Hurdles)

All-Americans
1939 - William Jenkins (Cross Country)
1976 - Brent Geringer (Discus)
1994 - Joey Woody (400-Meter Hurdles)
1995 - Joey Woody (400-Meter Hurdles)
1997 - Juri Rovan (Discus)
1998 - Juri Rovan (Discus)

Division II
1968 - Larry McCready (120 Hurdles)
1969 - Larry McCready (120 Hurdles)
1970 - Wayne Carpenter (mile)
1971 - Rich Twedt (Cross Country)
1972 - Rich Twedt (Cross Country)
1973 - Rich Twedt (Cross Country)
1975 - Juri Rovan (Discus)
1976 - Juri Rovan (Discus)
1977 - Juri Rovan (Discus)
1979 - Juri Rovan (Discus)

Conference Champions
1960 - Hay Byram, 440-Yd. Dash
1961 - Dick Dotson, Pole Vault, Mile Relay
1962 - Dave Suntken, 440-Yd. Dash
1964 - Hank Sattari, Javelin
1965 - Bill Rauhauser, Broad Jump
1966 - Ron Gerard, 120-Yd. H. Hurdles
1967 - Larry McCready, High Jump
1968 - Larry McCready, 120-Yd. H. Hurdles
1969 - Mike McCready, Discus
1970 - Mike McCready, Discus
1971 - Mike McCready, Discus
1972 - Mike McCready, Discus
1973 - Mark Chardoulias, Long Jump
1974 - Scott Noltensmeier, 120-Yd. H. Hurdles
1975 - Ken Schwartz, Shot Put
1976 - Bob Friedman, 1500-Meter Run
1977 - Brent Geringer, Discus
1978 - Dennis Roloff, 440-Yd. Dash
1979 - Bill Lawson, Decathlon
1980 - Bill Lawson, Decathlon
1981 - Tom Reints, Hammer Throw
1982 - Tom Reints, Shot Put
1983 - Jay Connor, 400-Meter I. Hurdles

NCAA Qualifiers
(Automatic & Provisional)
1985 - Russ Adams, Pole Vault
1990 - Jeff Burris, 800 Meters
1992 - Brad Miller, Decathlon
1993 - Joey Woody, 400 Hurdles
1994 - Tim Suchan, High Jump
1995 - Tim Suchan, High Jump
1996 - Juri Rovan, Pole Vault
1997 - Joey Woody, 110 Hurdles/400 Hurdles
1998 - Juri Rovan, Pole Vault

Conference Champions
1960 - Hay Byram, 440-Yd. Dash
1961 - Dick Dotson, Pole Vault
1964 - Rich Twedt, 440-Yd. Dash
1965 - Bill Rauhauser, Broad Jump
1966 - Ron Gerard, 120-Yd. H. Hurdles
1967 - Larry McCready, High Jump
1968 - Larry McCready, 120-Yd. H. Hurdles
1969 - Mike McCready, Discus
1970 - Mike McCready, Discus
1971 - Mike McCready, Discus
1972 - Mike McCready, Discus
1973 - Mark Chardoulias, Long Jump
1974 - Scott Noltensmeier, 120-Yd. H. Hurdles
1975 - Ken Schwartz, Shot Put
1976 - Bob Friedman, 1500-Meter Run
1977 - Brent Geringer, Discus
1978 - Dennis Roloff, 440-Yd. Dash
1979 - Bill Lawson, Decathlon
1980 - Bill Lawson, Decathlon
1981 - Tom Reints, Hammer Throw
1982 - Tom Reints, Shot Put
1983 - Jay Connor, 400-Meter I. Hurdles

Northern Iowa Track & Field
Russ Adams, Decathlon
Russ Adams, Pole Vault
Amie Doden, Shot Put
Amie Doden, Discus
440-Yd. Relay
Mile Relay
1984 - Kirk Anderson, 800 Meters
Steve Weaver, High Jump
John Place, Decathlon
Matt Haven, Discus
1995 - Dianna Leftridge, Long Jump

Sherry Shedd, 400 Hurdles
Joey Woody, 400 Hurdles
Allan Walz, Discus
Juri Rovan, Javelin
Ryan Santi, Decathlon
1995 - Joey Woody, 110 Hurdles
Sherry Shedd, 400 Hurdles
Joey Woody, 400 Hurdles
Allan Walz, Discus
Juri Rovan, Javelin
Ryan Santi, Decathlon
1995 - Dianna Leftridge, Long Jump

Conference Athlete of the Year
(since 1983)
1993 - Jason McCleary (Field)
1994 - Sherry Shelld (55-Meter Dash)
1995 - Dianna Leftridge (Long Jump)

Conference Coach of the Year
(since 1983)
1991 - Lea Ann Shaddox

WOMEN'S INDOOR
All-Americans
1995 - Shantel Twigg, 55-Meter Dash
1996 - Dianna Leftridge (Long Jump)

NCAA Division I Qualifiers
(Automatic & Provisional)
1988 - Shantel Twigg, 55-Meter Dash
1994 - Dianna Leftridge (Long Jump)
1996 - Emily Montgomery (800 Meters)
Melissa Yerk (2# Weight)

Conference Champions
1987 - 4 x 800 Relay
1988 - Donna Wheeler, Shot Put
1988 - Sherry Shedd, 55-Meter Dash
1993 - Paula Nemmers, 800 Meters
1994 - Dianna Leftridge, Long Jump
1995 - Dianna Leftridge, Pentathlon

Conference Athlete of the Year
(since 1983)
1995 - Dianna Leftridge

Conference Coach of the Year
(since 1983)
1991 - Lea Ann Shaddox

WOMEN'S OUTDOOR
NCAA Division I Qualifiers
(Automatic & Provisional)
1992 - Shantel Twigg, 100-Meter Dash
1993 - Shantel Twigg, 100-Meter Dash
1994 - Shantel Twigg, 200 Meters
1994 - Shantel Twigg, 100-Meter Dash
Shantel Twigg, 200 Meters
4 x 100-Meter Relay
Dianna Leftridge (Long Jump)
Dianna Leftridge (Triple Jump)

Conference Champions
1986 - Donna Wheeler, Javelin
1989 - Donna Wheeler, Javelin
1990 - 4 x 100 Relay
1992 - Sherry Shedd, 400 Meters
1994 - 4 x 400 Relay
Dianna Leftridge, Long Jump
1995 - Dianna Leftridge, Long Jump
1998 - Andrea Miller, Shot Put

WOMEN'S INDOOR
All-Americans
1995 - Shantel Twigg, 55-Meter Dash
1996 - Dianna Leftridge (Long Jump)

NCAA Division I Qualifiers
(Automatic & Provisional)
1988 - Shantel Twigg, 55-Meter Dash
1994 - Dianna Leftridge (Long Jump)
1996 - Emily Montgomery (800 Meters)
Melissa Yerk (2# Weight)

Conference Champions
1987 - 4 x 800 Relay
1988 - Donna Wheeler, Shot Put
1988 - Sherry Shedd, 55-Meter Dash
1993 - Paula Nemmers, 800 Meters
1994 - Dianna Leftridge, Long Jump
1995 - Dianna Leftridge, Long Jump
Dianna Leftridge, Pentathlon

MVC high jump champion Eddie Berlin
A campus-wide commitment to great teaching lies at the heart of the University of Northern Iowa's reputation for providing exceptional undergraduate education, as well as complementary programs at the master's, specialist's and doctoral levels.

Building on its historic excellence in teacher education, the University has developed outstanding programs in business, natural sciences, humanities and fine arts, and social and behavioral sciences.

UNI’s heritage and philosophy place great value on providing a student-centered educational experience. The University's medium size allows it to offer the faculty, facilities and academic choices of a major university, while retaining a friendly, small college atmosphere.

Throughout the years, the University's academic reputation has proven a key factor in landing recognition as one of the top undergraduate institutions in the region.

U.S. News and World Report has recognized the University by ranking it among the best values and most efficient of regional universities in the Midwest in 1997. In past years, UNI as been cited by the magazine in other categories such as "best," best buy," "up and coming," and "#1 in academic reputation."

The book, Crime at College: The Student Guide to Personal Safety, credits UNI with having the safest campus/community in the country.

Enrollment on the 860-acre campus stands at about 13,000 students from every county in Iowa, 40 states and 48 foreign countries.

The school was founded in 1876 as the Iowa State Normal School. In 1909, it became Iowa State Teachers College. In 1961, the name was changed to State College of Iowa, and in 1967, the Iowa Legislature acted to change the status of the institution to that of a university under its present title.

While maintaining its heritage in teacher education, the University has continued its metamorphosis toward a multi-purpose institution, with nationally acclaimed programs in many disciplines. UNI's accounting program continues to be ranked among the best in the nation.

The College of Business Administration has become the largest undergraduate business school in Iowa and has gained a reputation as one of the finest in the Midwest. Student groups ranging from chemistry to conservation to public relations have been recognized by their respective national groups for the excellence of their programs.

UNI also realizes the value of a liberal arts education and has implemented a rigorous General Education curriculum that equips students with a broad understanding and knowledge of how to apply and acquire new information throughout life.

The University of Northern Iowa has a compact, park-like walking campus located in Cedar Falls, an inviting and historic community of about 35,000 people. Together with the adjacent city of Waterloo, the metropolitan area has a culturally diverse population of 115,000 and combines big city opportunities with small town friendliness. Cedar Falls/Waterloo is a center for industry, finance, commerce, recreation and cultural activities for northeast Iowa.
GALLERY OF GREATS

All-American Jeff Burris
Indoor 800 Meters • 1989

National Champion Brent Geringer
Discus • 1978

All-American Dan Hostager
Indoor 3000 Meters • 1988

All-American Dianna Leftridge
Indoor Long Jump • 1995

All-American Bill Lawson
Decathlon • 1977-80

All-American Larry McCready
120-Yard Hurdles • 1968-69

All-American Mike McCready
Shot Put • 1970-72

All-American Juri Rovan
Indoor Pole Vault • 1996
Outdoor Pole Vault • 1997-98

All-American Dennis Schultz
Mile • 1973-74
GALLERY OF GREATS

NCAA Champion
Joey Woody
400-Meter Hurdles
1997

All-American
Indoor 800 Meters
1996
400-Meter Hurdles
1994-95

All-American Rich Twedt
Cross Country • 1970-73
Three-Mile • 1971
Six-Mile • 1974

All-American Shantel Twiggs
55-Meter Dash • 1993-94

All-American Johnny Westbrook
55-Meter High Hurdles • 1993